



# Shopping List

## Fruits

## Vegetables

3 c broccoli florets  
1 sliced carrot  
3 green onions  
3 garlic cloves  
 $\frac{3}{4}$  t grated ginger  
2 heads of Romaine lettuce  
1 c chopped red cabbage  
1 c chopped Napa cabbage  
 $\frac{1}{2}$  c shredded carrots

## Cheese

## Meat/Fish

5 boneless skinless  
chicken breasts

## Bread/Cereal

$\frac{1}{2}$  c cornflakes

## Condiments/Dressings

8 T honey  
 $\frac{1}{4}$  c mayonnaise  
1 t Dijon mustard  
1 T roasted almonds

## Baking

$\frac{1}{2}$  c oil  
1 T cornstarch  
1  $\frac{1}{2}$  c flour  
2 c sugar  
1 c cocoa powder  
3 t vanilla  
 $\frac{1}{2}$  t baking powder  
1 t salt  
 $\frac{1}{2}$  t cinnamon  
1 c semi-sweet chocolate chips  
1  $\frac{1}{4}$  c chopped pecans  
 $\frac{3}{4}$  c caramel sauce  
 $\frac{1}{4}$  c mini chocolate chips  
2 T corn syrup  
1  $\frac{1}{2}$  c powdered sugar

## Spices

## Pasta/Rice

Rice  
1 c soy sauce  
5 T rice wine vinegar  
2 T sesame seed oil  
 $\frac{1}{2}$  c Chow mein noodles

## Canned Foods

1 can pineapple chunks

## Frozen

## Beverages

## Dairy

1  $\frac{1}{2}$  c butter  
5 eggs  
 $\frac{1}{2}$  c milk

## Household

## Paper/Wraps

## Other

