



Shopping List

Fruits

1/2 t lemon peel, grated
2 T lemon juice

Vegetables

1/4 c white onions
5 medium red potatoes
parsley to garnish

Cheese

1/2 c grated parmesan cheese

Meat/Fish

Flank steak

Bread/Cereal

Condiments/Dressings

Baking

1/4 c oil
1 t sugar
3 T olive oil
1 yellow cake mix
1 (3.4 oz) pkg instant
vanilla pudding
1 (1oz) square
unsweetened baking
chocolate
3/4 c powdered sugar

Spices

1 t ginger
1 t paprika
1 t garlic powder

Pasta/Rice

1/4 c soy sauce

Canned Foods

Frozen

1 1/2 c Cool Whip

Beverages

Dairy

1 T butter
1 c milk

Household

Paper/Wraps

Other

