



Shopping List

Fruits

1 lemon

Vegetables

Fresh parsley for garnish

1 lb fresh broccoli

1 small red onion

Cheese

1 c grated parmesan cheese

Meat/Fish

2 chicken breasts

1 lb bacon

Bread/Cereal

Condiments/Dressings

$\frac{1}{2}$ c dried cranberries

$\frac{3}{4}$ c sunflower seed kernels

1 c light mayonnaise

$\frac{1}{2}$ c creamy peanut butter

Baking

$2\frac{1}{4}$ c flour

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

2 t white vinegar

$\frac{3}{4}$ c light brown sugar

1 (14 oz) can sweetened condensed milk

2 c mini chocolate chips

$\frac{1}{2}$ c milk chocolate chips

Spices

$\frac{1}{2}$ c Italian bread crumbs

1 t garlic powder

$\frac{1}{2}$ t salt

$\frac{1}{2}$ t pepper

Pasta/Rice

8 oz pasta of choice

Canned Foods

Frozen

Beverages

Dairy

1 c butter

$\frac{1}{2}$ c heavy whipping cream

Household

Paper/Wraps

Other

Parchment paper

