



Shopping List

Fruits

Vegetables

Green onions
(Veggies of choice)
Carrots
Cauliflower
Broccoli
Green beans
Mushrooms
Red Peppers
Pea Pods
Bean Sprouts

Cheese

Meat/Fish

Beef, pork, chicken or
shrimp

Bread/Cereal

6 c Rice Krispies

Condiments/Dressings

3 T apple cider vinegar
1 c peanut butter

Baking

3 T oil
2 T brown sugar
1 1/2 T cornstarch
1 c Karo Syrup
1 c sugar
1 bag milk chocolate chips

Spices

Pasta/Rice

4 T soy sauce

Canned Foods

Water chestnuts
1/2 c chicken broth

Frozen

Beverages

Dairy

Household

Paper/Wraps

Other

