



Shopping List

Fruits

1 large avocado

Vegetables

4 c Romaine lettuce

1 c sliced cherry tomatoes

1/4 c corn kernals

1/4 red onion

Cheese

1/8 c cheddar cheese

1/8 c Parmesan cheese

Meat/Fish

4 boneless/skinless
chicken breasts

1/4 c diced bacon

Bread/Cereal

Condiments/Dressings

1/3 c honey

3 T whole grain mustard

3 T mild Dijon mustard

2 T olive oil

Baking

1 T active dry yeast

2 c sugar

6 1/2 c flour

2 t salt

1/2 c shortening

4 t vanilla

1 1/2 c unsweetened cocoa

1 t baking powder

1 c semi-sweet chocolate chips

2 (4oz) packages of Andes Mints

3 1/2 c powdered sugar

Spices

2 t minced garlic

Pasta/Rice

Canned Foods

Frozen

Beverages

Dairy

1 1/2 c butter

1 c sour cream

3 T milk

Household

Paper/Wraps

Other

