

SUMMER 2 SHOPPING LIST

Meats	Dairy	Produce	Breads, etc.	Canned	Cupboard
21 ckn breasts	1/2 C whipping crm	lettuce x5	sliced almonds	2 water chestnuts	butter
1 lb Italian Sausage	4 oz. cream cheese	1 carrot	elbow macaroni	1000 Island Dressing	canola or veg. oil
2 pkg. grd turkey	4 C jack cheese	1 zucchini	corkscrew macaroni	2 Alfredo Sauce	chili powder
10 ckn nuggets	shredded cheese 10 C	1/2 lb mushrooms	gnocchi	2 crm mush soup	cider vinegar
15 C cooked chicken	6 C mozzarella chee	3 jars mushrooms	egg noodles	2-8oz tom sauce	cornstarch
4 C ham	plain yogurt	4 pkg green onions	1 C cashews	4 C ckn broth	cumin
6 pork chops	2 C sharp cheese	3 onions	1 can chow mein	chilies - 1 - 4 oz.	dijon mustard
bacon bits	3 pkg crescent rolls	2-3 avocado	4 corn muffins mixes	crm ckn soup	flour
brisket or roast. X2	1 tube bread dough	celery	Ital Sald Dress mix	green ench sauce 28 oz.	garlic, minced
costco fish choice	3 C sr cream	cilantro	flour tortillas	jalepenos 2-3T	ginger, ground
hamburgers	1 C shredded Swiss Cheese	lime	corn tortillas	black beans	ground mustard
hotdogs 1.5 lbs.	1/2 C parmesan cheese	parsley	tortilla chips	Mandarin oranges- 2	honey
pepperoni x2	5 eggs	potatoes	4-6 French rolls	olives - 2 small	ketchup
salmon x3	3 C milk	3 tomatoes	ham buns	pineapple slices, 20 oz.	lemon juice
shrimp		1 apple	1 spaghetti	pizza sauce	mayo (2 1/4C)
steak to BBQ			1 fettucine	roasted red pep dres	mustard
1 whole ckn, cut-up			rice	Pinepple crushed	nutmeg
		Frozen		1 can beef broth	olive oil
		frozen peas		mushrooms 1-4oz.	oregano
		frozen snow peas		Teriyaki sauce	pepper
		frozen spinach		orange marmelade	rosemary, crushed
				dry onion soup mix	salsa
				pineapple juice, 1/2 C	salt
				Hormel chili - 2 cans	seasoned salt
				maple syrup	sesame oil
					soy sauce
					sugar, brown
					sugar, white
					thyme
					white vinegar
					yeast

Red Sauce - buy prepared or add ingredients to make from scratch.