

WEEK THREE SHOPPING LIST:

SNACKS

[illegible]

MEAT

[illegible]

DRY GOODS

3 CAN	CHILI
2 BAGS	TORTILLA CHIPS
2 CANS	BLACK OLIVES
2 JARS	SALSA
1 JAR	JALAPENO SLICES
1 C	OLIVE OIL
1 C	PANKO BREADCRUMBS
1 BOTTLE	KETCHUP
1 C	BEEF STOCK
1 BOX	FETTUCCINI NOODLES
1 BOTLE	WHITE COOKING WINE
1 BOTTLE	SESAME SEED OIL
1 BOTTLE	AVOCADO OIL
1 BOTTLE	RICE COOKING WINE
1 BOTTLE	SOY SAUCE
2 C	WHITE RICE
1 BOTTLE	KETCHIP
1 BOTTLE	WORCESTERHIRE
1 PKG	HAMBURGER BUNS
1 JAR	SLICED PICKLES
1 BOTTLE	MUSTARD
1 JAR	MUSTARD

FROZEN/REFRIDGERATED

[illegible]

SPICES & BAKING

	ALL PURPOSE FLOUR
	SALT
	PEPPER
	NUTMEG
	GARLIC POWDER
	ONION POWDER
	LIGHT BROWN SUGAR

DAIRY

1 TUB	SOUR CREAM
1 LB	BUTTER
1 PINT	HEAVY CREAM
1-2 PKG	SLICED CHEESE OF CHOICE
2 c.	SHREDDED CHEDDAR
2 c	GRATED PARMESAN
1 DZ	EGGS

PRODUCE

1 PKG	BABY SPINACH
2	AVOCADOS
2	LIMES
1 BUNCH	CILANTRO
1 PKG	CHERRY TOMATOES
1 BAG	GOLD POTATOES
1	SHALLOT
1 JAR	MINCED GARLIC
2 BUNCH	PARSLEY
1 LB	GREEN BEANS
1.5 LB	BROCCOLI
1 PKG	MUSHROOMS
1	RED BELL PEPPER
1	SWEET ONION
2	ZUCCHINI
1 HEAD	LETTUCE OF CHOICE
1-2	TOMATOES
1	RED ONION
1	SALAD OR VEG OF CHOICE