



Shopping List

Fruits

Juice of 1 lemon

Vegetables

2 T chopped red onion

6 Roma tomatoes

2 T fresh basil

1 lb asparagus

Cheese

1 c Parmesan cheese (grated)

Meat/Fish

2 large boneless/skinless
chicken breasts

Bread/Cereal

4 c quick oats

Condiments/Dressings

Baking

2 T olive oil

2 c shortening

1 ½ c brown sugar

1 ½ c sugar

2 t vanilla

2 t baking soda

3 c flour

1 bag chocolate chips

1 (7oz) bag of sweetened
coconut

Spices

2 t Italian Seasoning

1 t garlic powder

salt and pepper to taste

4 T minced garlic

Pasta/Rice

1 lb. Spaghetti pasta

2 T Balsamic vinegar

Canned Foods

Frozen

Beverages

Dairy

4 eggs

Household

Paper/Wraps

Other

