

## **SHOPPING LIST MENU 1**

### PRODUCE

Mixed Salad Greens for two side salads  
2 Medium Russet Potatoes

### DAIRY

2-4 Tablespoons Butter  
1 Tablespoon Buttermilk  
(or 1 Tablespoon sweet milk plus 2-3 drops vinegar.)

### MEAT

2 Boneless Skinless Chicken Breasts

### HERBS & SPICES

1 Teaspoon Rosemary  
1/2 Teaspoon Oregano  
1/2 Teaspoon Basil  
1/2 Teaspoon Marjoram  
1/2 Teaspoon Garlic Powder  
Salt and Pepper  
1/4 Teaspoon Onion powder  
1/4 Teaspoon Italian Seasoning

### FREEZER

Vanilla Ice Cream

### OTHER

1/4 Cup Mayonnaise  
1/2 Teaspoon Lemon Juice