

### **SHOPPING LIST MENU 3**

#### PRODUCE

1/4 head of Iceberg or similar Head Lettuce  
1 Tomato

#### DAIRY

3 Tablespoons Grated Parmesan Cheese  
2 Tablespoons Shredded Mozzarella Cheese

#### CANNED GOODS

28 Ounce Can Peeled Whole Tomatoes  
4 Ounce Can Mushrooms, Stems and Pieces

#### MEAT

1 Boneless Skinless Chicken Breast

#### DRY GOODS

Angel Hair Pasta  
1/4 Cup Italian Seasoned Bread Crumbs

#### HERBS & SPICES

1/4 Teaspoon each Garlic Powder and Onion Powder  
1/2 Teaspoon Oregano  
1/8 Teaspoon Red Pepper Flakes, if desired  
Salt and Pepper

#### FREEZER

Lemon Sherbet

#### OTHER

1 Teaspoon Cooking Oil  
1/4 cup bottled Italian Dressing  
2 Teaspoons Dijon Mustard  
2 Teaspoons Mayonnaise