

SHOPPING LIST MENU 9

PRODUCE

Mixed Salad Greens for two side salads

1 Tomato

1 Cup Sliced Sweet Pepper

(One cup sliced pepper is about 1/2 of a large pepper; I use a combination of red, yellow and green peppers and freeze what I don't use right away.)

DAIRY

2 Tablespoons Butter

1 Egg

4 Teaspoons Milk

CANNED GOODS

8 Ounce Can Crushed Pineapple

MEAT

2 Small Boneless Skinless Chicken Breasts

DRY GOODS

2/3 Cup White Long Grain Rice

1/4 Cup Flour

8 Ounce Box Yellow Cake Mix

1 Cup Chopped Pecans

1 Cup Confectioners' Powdered Sugar

HERBS & SPICES

Salt

OTHER

3 Tablespoons Cooking Oil

9 Ounces Pineapple Preserves

(or 12 Ounce Jar Pineapple Ice Cream Topping)