

SHOPPING LIST MENU 14

PRODUCE

1/2 Medium Onion
3 Small Yellow Crookneck Squash

DAIRY

1/2 Cup Butter (1/4 pound)
1 Egg

CANNED GOODS

14.5 Ounce Can Diced Tomatoes

MEAT

1/2 Pound Lean Ground Beef

DRY GOODS

3/4 Cup Elbow Macaroni
1/3 Cup Cocoa Powder
1 Cup Sugar
1/2 Cup Flour

HERBS & SPICES

1/2 Teaspoon Seasoned Salt
1/4 Teaspoon Celery Salt
Salt and Pepper
1/4 Teaspoon Garlic Powder
1 Teaspoon Real Vanilla Extract

OTHER

1/2 Cup Peanut Butter Flavored Chips
1 Tablespoon Cooking Oil