

SHOPPING LIST MENU 18

DAIRY

- 1 Cup Shredded Sharp Cheddar Cheese
- 2 Eggs
- 1 Cup Buttermilk

CANNED GOODS

- 2 (15 Ounce) Cans Spinach
- 8.5 Ounce Can Peas

MEAT

- 2 Boneless Skinless Chicken Breasts

DRY GOODS

- 8.5 Ounce Box Corn Muffin Mix
- 1/4 Cup All-Purpose Flour
- 1/3 Cup Raisins

HERBS & SPICES

- Salt and Pepper

OTHER

- 1/4 Cup Salad Dressing (Not Mayonnaise)
- 1/4 Cup Molasses
- 1/2 Cup Walnuts, chopped (optional)
- 2 Tablespoons Cooking Oil