

SHOPPING LIST MENU 24

PRODUCE

3 Cooking Apples (Macintosh, Granny Smith)
3/4 Cup Cranberries, fresh or frozen

DAIRY

3/4 Cup Butter (No substitutions!)
1 1/2 Tablespoons Milk
1 Cup Shredded Sharp Cheddar Cheese
2 Tablespoons Grated Parmesan Cheese

SEAFOOD

2 Thin Trout Fillets, skin on

DRY GOODS

1 1/2 Cup Flour
6 Tablespoons Sugar
1 1/2 Tablespoons Brown Sugar

HERBS & SPICES

1/4 Teaspoon Minced Dry Onion
1/4 Teaspoon Garlic Powder
Salt and Pepper
Pinch Cayenne Pepper (optional)
1/4 Teaspoon Ground Cinnamon

FREEZER

2 Cups Frozen Cauliflower