

SHOPPING LIST MENU 30

PRODUCE

2 Celery Ribs
1/4 Small Onion
1 Carrot
2 Cups Broccoli Florets, fresh or frozen
8 Ounce Package Pea Pods, fresh or frozen
2 Granny Smith Apples

DAIRY

1 Tablespoon Butter
1/4 Cup Milk

MEAT

2 Small Boneless Skinless Chicken Breasts

DRY GOODS

2/3 Cup White Long Grain Rice
1 1/2 Cup Flour
1/2 Cup Sugar

HERBS & SPICES

Salt
1/8-1/4 Teaspoon Garlic Powder
1/2 Teaspoon Ground Cinnamon

FREEZER

Vanilla Ice Cream (optional)

OTHER

3 Tablespoons Cooking Oil
2-4 Teaspoons Soy Sauce
1/3 Cup Shortening