

## **SHOPPING LIST MENU 31**

### PRODUCE

2 Green Peppers

### DAIRY

9 Eggs

1/2 Cup Milk

### BAKERY

8 Slices Day Old Bread (or you may use fresh bread)

### CANNED GOODS

14.5 Ounce Can Diced Tomatoes

14.5 Ounce Can Tomato Sauce

### MEAT

1/2 Pound Very Lean Ground Beef

### DRY GOODS

1/3 Cup White Long Grain Rice

1/2 Cup Sugar

### HERBS & SPICES

1/4 Teaspoon Onion Powder

Salt & Pepper

1/2 Teaspoon Ground Cinnamon

2 Teaspoons Real Vanilla Extract

### OTHER

1/2 Cup Raisins

2 Tablespoons Cooking Oil