

SHOPPING LIST MENU 40

PRODUCE

- 1 Bunch Fresh Spinach
- 1 Large Tomato

DAIRY

- 2 Tablespoons Butter (optional)
- 2 Teaspoons Grated Parmesan Cheese
- 3 Ounce Package Cream Cheese

MEAT

- 2 Boneless Skinless Chicken Breasts

DRY GOODS

- 1/4 Cup Sugar

HERBS & SPICES

- Salt
- Pinch Red Pepper Flakes

FREEZER

- 2 Ears Frozen Corn on the Cob
- 1/2 Cup Frozen Whipped Topping

OTHER

- 1/4 Cup Barbeque Sauce
- 2 Tablespoons Cooking Oil
- 2 Teaspoons Vinegar
- 1/4 Cup Raspberry or Strawberry Jam