

SHOPPING LIST MENU 45

PRODUCE

- 2 Medium Carrots
- 2 Eating Apples, such as Red Delicious

DAIRY

- 5 Eggs
- 3/4 Cup Milk
- 1 Cup Shredded Sharp Cheddar Cheese
- 2 1/2 Tablespoons Butter

BAKERY

- 3 Slices Bread

CANNED GOODS

- 2/3 Cup Canned Solid Pack Pumpkin (Half of a 15 Ounce Can)

DRY GOODS

- 1/3 Cup Sugar
- 3/4 Cup All-Purpose Flour
- 1 Teaspoon Baking Powder
- 1/4 Teaspoon Baking Soda

HERBS & SPICES

- Salt
- 1 Teaspoon Dry Minced Onion
- 1/4 Teaspoon Ground Cinnamon
- 1/8 Teaspoon Ginger
- Pinch Ground Cloves
- 1 Teaspoon Real Vanilla Extract

OTHER

- 1 Teaspoon Worcestershire Sauce
- Lemon Juice (optional)
- 1/4 Cup chopped Walnuts
- 2 Tablespoons Cooking Oil