

Angel Food Menus – Week 1 Of February Shopping List

By www.HillbillyHousewife.com

These menus are based on the food provided by Angel Food Ministries in their monthly boxes. For more information on ordering these food boxes visit

<http://www.angelfoodministries.com/>

[Fresh Produce] Fruits and Vegetables

onions - 1.5
celery - 6 1/3 ounces
potatoes - 4
carrots - 1 pound
mushrooms - 1 cup
green onions - 1 1/3 ounce
red bell peppers - .5
lettuce - 1 cup
tomatoes - .5
apples - 2

[General Grocery] Beverages

orange juice - 2 teaspoons
lemon juice - 3 tablespoons
lime juice - 2 tablespoons

[General Grocery] Cooking and Baking

thyme - 1/3 ounce
white peppers - 1/2 ounce
flour - 1/4 ounce
salt - 1/3 ounce
oils - 1/4 ounce
chili powder - 0.0515 ounce
ginger - 0.0793 ounce
nutmeg - 3/4 ounces
cinnamon - 3/4 ounces

[General Grocery] Dry Foods and Mixes

onion soup mix - 1 packet

[General Grocery] Condiments and Sauces

cornflakes - 4 ounces
Dijon style mustard - 1/2 ounce

fettuccine pasta - 12 ounces
whipping cream - 8 ounces
pepper - 0.0417 ounce
boneless skinless chicken breast halves - 1 pound
salsa - 4 1/2 ounces
pork loin roast - 1
honey - 6 ounces
guacamole - 4 ounces

[General Grocery] Canned and Bottled

cream of mushroom soup - 2 cans
beef bouillon - 1
green beans - 8 ounces
turkeys - 1 pound
white wine - 1/4 cup

[Dairy]

milk - 2 1/4 cups
margarine - 2 ounces
parmesan cheese - 11 2/3 ounces

[Meat and Poultry]

beef chuck pot roast - 1
pork loin - 4

[Bakery] Bread

flour tortillas - 8

[Frozen]

frozen corn - 2 8-10 ounce bags