

Angel Food Menus – Week 4 Of July 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

garlic cloves – 2
onions – 3
peppers – 1 red or green + 1 red
potatoes – 6
tomatoes – 1
lettuce – 1 1/2 cups

[Beverages]

lime juice – 2 tablespoons

[Bakery and Breads]

tortillas – 4
taco shells – 12

[General Grocery] Cooking and Baking

Italian seasoning – 1 teaspoon
oil – 1 tablespoon olive + olive oil cooking spray
chili powder – 2 teaspoons
parsley flakes – 2 teaspoons
marjoram leaves – 1/2 teaspoon
thyme leaves – 1/2 teaspoon
garlic salt – 1/2 teaspoon + 3/4 teaspoon
pepper – 1/2 teaspoon + 1/8 teaspoon, 2 teaspoons red pepper
sage or poultry seasoning – 1/2 teaspoon
paprika – optional
coriander – 1/4 teaspoon

[General Grocery] Condiments and Sauces

honey
red pepper sauce – 1/2 teaspoon

[General Grocery] Dry Foods & Mixes

small pasta shells or elbow macaroni – 3/4

cup
corn bread stuffing mix – 1 1/2 cups

[General Grocery] Canned and Bottled

Alfredo pasta sauce – 1 jar (16 ounces)
guacamole – 1/3 cup
salsa – 1/3 cup
mushrooms – 4 ounces
Italian style tomato sauce – 1 can (15 ounces)
Condensed cream of chicken soup – 1 can (10 3/4 ounces)
diced tomatoes – 1 can (14 1/2 ounces)
green chilies – 1 can (4 ounces)

[Dairy]

refrigerated soft bread sticks – 1 can (11 ounces)
milk – 1/3 cup + 3/4 cup
Parmesan cheese – 2 tablespoons + 1/4 cup
shredded cheddar cheese – 3/4 cup

[Frozen]

broccoli, cauliflower & carrots – 1 bag (1 pound)
mixed vegetables – 2 cups (from 1 pound bag) + 1 package (10 ounces)
meatloaf & gravy – 28 ounces

[Meat and Poultry]

chicken – 4 cups cooked
beef fajita strips – 1 pound
pork ribs – 4 (1/2 inch thick)
ground chicken or turkey – 1 pound
boneless center cut pork loin roast – 2 pounds