

Angel Food Menus – Week 1 Of May 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

white peppers – 1 teaspoon
onions – 2 + 1 teaspoon + 2 cups
potatoes – 4
parsley – 2 tablespoons
green bell peppers – 2 tablespoons + 1 cup
garlic cloves – 1
celery – 1 1/2 cups

[General Grocery] Bakery/Bread

bread crumbs – 1 cup

[General Grocery] Cooking and Baking

garlic powder – 1/4 teaspoon
bay leaves – 1
thyme – 1/2 teaspoon
salt – 2 teaspoons
pepper – 1/8 teaspoon
chicken bouillon – 1 teaspoon
sage – 1/2 teaspoon
Italian seasoning – 2 teaspoons
vegetable oil – 1 tablespoon
basil – 1/2 teaspoon

[General Grocery] Condiments and Sauces

mayonnaise – 1/2 cup + 1 tablespoon
unsalted mayonnaise (optional)

[General Grocery] Canned and Bottled

whole kernel corn – 7 ounces
spaghetti sauce – 48 ounces
chicken broth – 10 1/2 ounces + 1/2 cup

tomato sauce – 15 ounces
tuna – 1 can (in water)
mushrooms – 4 ounces
cream of chicken soup – 1 can

[General Grocery] Dry Foods & Mixes

ziti – 12 ounces
white rice – 1 3/4 cups
noodles – 8 ounces

[Frozen]

beef and bean burritos – 4

[General Grocery] Cereal and Breakfast

wheat flakes (or cornflakes) – 1 cup

[Dairy]

eggs – 5
heavy cream – 1/2 cup
cheddar cheese – 1 cup
mozzarella cheese – 3 cups
ricotta cheese – 16 ounces
Parmesan cheese – 3/4 cup
butter – 2 tablespoons
sharp cheddar cheese – 1 cup
cottage cheese – 1 1/2 cups

[Meat and Poultry]

lean ground beef – 16 ounces
bacon – 8 slices
chicken breast fillets – 1 pound
pork chops – 6
chicken – 3 cups