

# Angel Food Menus – Week 1 Of May Shopping List

By [www.HillbillyHousewife.com](http://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 + 1 cup  
green onions – 2  
garlic cloves – 2  
celery – 1 cup  
parsley – 2 tablespoons  
sweet red pepper – 2  
broccoli – 3 cups  
red potatoes – 1 pound  
carrots – 1

## **[General Grocery] Cooking and Baking**

vegetable oil – 1 to 2 tablespoons  
cornstarch – 2 to 3 tablespoons  
pepper – 1/8 teaspoon  
Italian seasoning – 1 tablespoon  
vegetable oil – 1 tablespoon

## **[General Grocery] Condiments and Sauces**

mayonnaise – 1 tablespoon (unsalted)  
maple syrup – 1/2 cup  
soy sauce – 2 tablespoons  
Italian salad dressing – 1/2 cup

## **[General Grocery] Dry Foods and Mixes**

spiral pasta – 2 cups  
spaghetti – 3 cups  
pork ramen noodles – 2 packages

## **[General Grocery] Canned and Bottled**

spaghetti sauce – 1 jar (26 ounces)  
mushrooms – 1 can (4 1/2 ounces)  
tuna in water – 1 can (unsalted)

chicken broth – 1 can (14 1/2 ounces)  
cider vinegar – 1/4 cup  
pineapple chunks – 1 can (8 ounces)  
mushroom soup – 1 can (10 3/4 ounces) + 1  
can low-fat cream of mushroom soup  
cheddar cheese soup – 1 can (10 3/4 ounces)

## **[Dairy]**

sour cream – 1/2 cup  
processed American cheese cube – 1/2  
pound (such as Velveeta)  
shredded mozzarella cheese – 2 cups  
eggs – 1  
skim milk – 1/2 cup  
Parmesan cheese – 1/4 cup + 3/4 cup

## **[Meat and Poultry]**

ground beef – 3 1/2 pounds  
broiler-fryer chicken – 1 (about 3 pounds)  
pork tenderloin – 1 pound

## **[Frozen]**

chicken nuggets – 2 1/2 cups  
French fries, frozen potatoes – 1 package  
(20 ounces)

## **[Cereal and Breakfast]**

Grainfields wheat flakes or cornflakes – 1  
cup