

Angel Food Menus – Week 2 Of August 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
sweet potatoes or yams – 4 large
mango – 1
papaya – 1
kiwifruit – 2
jalapeno chiles – 1
red onions – 1 tablespoon
fresh cilantro – 1 tablespoon
tomatoes – 1 small
lettuce leaves – 4
red potatoes – 1 pound (small ones)
baby carrots -2 cups
onions – 1

[General Grocery] Beverages

light rum or apple juice – 1 cup
lime juice – 2 tablespoons

[Bakery and Bread]

pita bread – 2 (6 inches in diameter)

[General Grocery] Cooking and Baking

garlic pepper – 1 1/2 teaspoons
onion powder – 1/2 teaspoon
garlic salt – 3/4 teaspoon
pepper – 3/8 teaspoon
allspice – 1 teaspoon
cinnamon – 1 teaspoon
ginger – 1 teaspoon
salt – 1/2 teaspoon
parsley – 2 teaspoons
cornstarch – 2 tablespoons
vegetable cooking spray

[General Grocery] Condiments and Sauces

Worcestershire sauce – 1 tablespoon
honey – 1/4 cup
country-style or creamy Dijon style mustard – 1/3 cup

[General Grocery] Dry Foods and Mixes

small pasta shells or elbow macaroni – 3/4 cup
Original Bisquick® mix – 2 cups
medium egg noodles - 6 cups

[General Grocery] Canned and Bottled

Italian-style tomato sauce – 1 can (15 ounces)
pineapple chunks – 1 cup
chicken broth – 3 cans (14 1/2 ounces each)
beef broth – 1 can (14 1/2 ounces)

[Dairy]

shredded Parmesan cheese – 1/4 cup
cheddar cheese or provolone cheese – 4 slices

[Meat and Poultry]

extra-lean or diet-lean ground beef – 1 pound
ground chicken or turkey – 1 pound
boneless skinless chicken breast halves – 8 (about 2 1/2 pounds)
thinly sliced cooked deli roast beef – 1/2 pound
boneless, skinless chicken thighs – 2 1/2 to 3 pounds
pork chops – 6 (1/2 inch thick; about 1 1/2 pounds)

[Frozen]

macaroni & beef dinner entrée – 1 (2 pounds)
frozen mixed vegetables – 4 cups
frozen steak fries – 30 (from 28 ounce bag)
frozen corn on the cob – 5 half ears