

# Angel Food Menus – Week 1 Of December 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 – 2 + 2 tablespoons + 1 cup  
carrots – 1 1/4 cups (1/4 cup is optional)  
green pepper – 1 + 2 tablespoons (2 TBSP is optional)  
celery – 1 3/4 cups (1/4 cup is optional)  
parsley – 4 sprigs  
garlic cloves – 3  
cabbage – 1 cup  
spinach – 1 cup

## **[Bakery and Bread]**

bread crumbs – 3/4 cup  
corn bread crumbs – 2 1/2 cups  
corn tortillas – 12

## **[Beverages]**

white wine – 3/4 cup

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

olive oil – 5 tablespoons  
flour – 3 tablespoons  
lemon zest – 2 teaspoons  
lemon pepper seasoning – 1/2 teaspoon  
basil leaves – 1/2 teaspoon  
garlic – 1/2 teaspoon  
salt – 1 1/2 teaspoons  
pepper – 1/4 teaspoon  
cornstarch – 2 tablespoons  
ginger – 1/2 to 1 tablespoon  
vegetable oil – 1 tablespoon  
cumin – 1/2 teaspoon

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

soy sauces – 4 tablespoons

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

rice – optional

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

stewed tomatoes – 1 can (14 1/2 ounces)  
mushrooms – 1/2 cup  
mushroom soup – 1 can (10 3/4 ounces)  
cheddar cheese soup – 1 can (10 3/4 ounces)  
low-sodium chicken broth – 1/2 cup + 1 cup  
marinara sauce – 1 container (15 ounces)  
pinto beans – 1 can (16 ounces)  
tomato sauce – 1 can (15 ounces)  
picante sauce – 1 cup

## **[Dairy]**

skim milk – 1 cup  
egg substitute – 1 egg equivalent  
low-fat sour cream – 1 cup  
Parmesan cheese – 1/4 cup  
mozzarella cheese – 6 slices  
eggs – 1  
Monterey jack cheese – 2 cups

## **[Frozen]**

frozen broccoli spears – 2 packages (10 ounces each)  
frozen breaded fish sticks – 12  
frozen French fries potatoes – 1 package (20 ounces)

## **[Meat and Poultry]**

ground veal – 1/2 pound  
ground pork – 1/2 pound  
boneless, skinless chicken breasts – 2  
bacon – 2 slices  
center cut pork chops – 6 (or 1 pork blade roast 3 to 4 pounds)  
ground beef – 3 pounds  
boneless pork loin – 1 pound

## **[Miscellaneous]**

raisins – 1/4 cup