



Grocery Shopping List: Recession Recipes

<p>Meats and Proteins:</p> <input type="checkbox"/> 1 can tuna <input type="checkbox"/> 8 slices ham <input type="checkbox"/> 4 slices Swiss cheese <input type="checkbox"/> 4 eggs <input type="checkbox"/> 1 1/2 lb ground beef <input type="checkbox"/> 2 cups cheddar cheese <input type="checkbox"/> 1 lb ground chicken <input type="checkbox"/> Pepperonis <input type="checkbox"/> 2 cups Mozzarella Cheese	<p>Vegetables/Fruits:</p> <input type="checkbox"/> 1 Peach <input type="checkbox"/> 1/2 bag frozen broccoli <input type="checkbox"/> 1 Canteloupe <input type="checkbox"/> 1 Watermelon <input type="checkbox"/> 2 apples <input type="checkbox"/> 1/2 bag baby carrots <input type="checkbox"/> 1 can diced tomatoes <input type="checkbox"/> 2-3 lb sweet potatoes <input type="checkbox"/> 1 acorn squash <input type="checkbox"/> 8 small potatoes <input type="checkbox"/> 1 1/2 onions <input type="checkbox"/> Fruit or Carrot Sticks <input type="checkbox"/> 1-2 cloves garlic
<p>Liquids:</p> <input type="checkbox"/> Extra virgin olive oil <input type="checkbox"/> Milk <input type="checkbox"/> 3 1/4 cups milk <input type="checkbox"/> 1 -2 Tbsp olive oil	<p>Spices:</p> <input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> 1 tsp garlic powder
<p>Other:</p> <input type="checkbox"/> 3 Tbsp dijon mustard <input type="checkbox"/> 2 Tbsp ketchup <input type="checkbox"/> 1/3 jar of Pizza Sauce <input type="checkbox"/> BBQ sauce <input type="checkbox"/> 1 small can tomato sauce <input type="checkbox"/> 1 small can Rotel with green chiles	<p>Grains / Baking:</p> <input type="checkbox"/> Flour <input type="checkbox"/> Cornstarch <input type="checkbox"/> Penne pasta <input type="checkbox"/> 8 flour tortillas <input type="checkbox"/> 3/4 cup Bisquick or baking mix <input type="checkbox"/> 1 cup bread crumbs <input type="checkbox"/> Hamburger Buns <input type="checkbox"/> 16 oz elbow macaroni