



Grocery Shopping List:

Breakfast for Dinner Recipes

<p>Meats and Proteins:</p> <p><input type="checkbox"/> 10 large eggs</p> <p><input type="checkbox"/> 1 1/2 cups low-fat plain yogurt</p> <p><input type="checkbox"/> 2 cumberland sausages</p> <p><input type="checkbox"/> 2 rashers of smoked bacon</p> <p><input type="checkbox"/> 1 can of baked beans</p> <p><input type="checkbox"/> 4 turkey sausage patties</p> <p><input type="checkbox"/> 3/4 cup egg substitute (or 3 large eggs)</p> <p><input type="checkbox"/> 1/2 cup low-fat sour cream</p> <p><input type="checkbox"/> 1/4 cup reduced-fat Cheddar cheese</p> <p><input type="checkbox"/> 18 slices of bacon</p> <p><input type="checkbox"/> 1/3 cup grated Parmesan cheese</p>	<p>Vegetables/Fruits:</p> <p><input type="checkbox"/> 1 cup dried cherries</p> <p><input type="checkbox"/> mushrooms</p> <p><input type="checkbox"/> 1 tomato</p> <p><input type="checkbox"/> 1/3 cup onion</p>
<p>Liquids:</p> <p><input type="checkbox"/> 1/2 cup vegetable or canola oil</p> <p><input type="checkbox"/> 2/3 cup maple syrup</p> <p><input type="checkbox"/> 1 1/4 cup fat-free milk</p> <p><input type="checkbox"/> 1 cup buttermilk</p>	<p>Spices:</p> <p><input type="checkbox"/> salt</p> <p><input type="checkbox"/> pepper</p> <p><input type="checkbox"/> 2 teaspoons cinnamon</p> <p><input type="checkbox"/> 3 teaspoons vanilla</p>
<p>Other:</p> <p><input type="checkbox"/> 1 cup pecans</p> <p><input type="checkbox"/> 3/4 cup butter or margarine</p> <p><input type="checkbox"/> Black pudding</p> <p><input type="checkbox"/> 2 hash browns</p> <p><input type="checkbox"/> Brown sauce (look for HP brown sauce)</p> <p><input type="checkbox"/> Salsa</p>	<p>Grains / Baking:</p> <p><input type="checkbox"/> 1 1/3 cups + 1 tbsp sugar</p> <p><input type="checkbox"/> 1 1/2 cups All-Bran cereal</p> <p><input type="checkbox"/> 4 1/2 cups all-purpose flour</p> <p><input type="checkbox"/> 2 tsp +1 tbsp baking powder</p> <p><input type="checkbox"/> 2 rounds of bread</p> <p><input type="checkbox"/> 2 slices white bread</p> <p><input type="checkbox"/> 2 slice whole wheat bread</p> <p><input type="checkbox"/> 1 1/2 teaspoons baking powder</p> <p><input type="checkbox"/> 1/2 teaspoon baking soda</p> <p><input type="checkbox"/> 2 cups cooked white rice</p> <p><input type="checkbox"/> 1/2 cups dry bread crumbs</p>