

## Spring Grocery List #1 (does not include side dish suggestions)

*Chicken Bonne Femme \* "Fried" Scallops \* Marinated London Broil II  
Ham with Fruit Sauce \* Meatballs & Gravy*

### Produce

3 medium onions (*Chicken Bonne Femme, Marinated London Broil II, Meatballs & Gravy*)  
16 oz sliced mushrooms (*Chicken Bonne Femme, Marinated London Broil II*)  
2 medium potatoes (*Chicken Bonne Femme*)  
1 red pepper, sliced (*Marinated London Broil II*)  
garlic (*Marinated London Broil III*)

### Meat, Poultry, & Fish

4 boneless chicken breast halves (*Chicken Bonne Femme*)  
1 lb. Sea scallops (*"Fried" Scallops*)  
1 lb. London broil or sirloin steaks (*Marinated London Broil II*)  
1 fully cooked smoked ham slice, 3/4"thick (*Ham with Fruit Sauce*)  
1 lb. ground lean turkey or beef (*Meatballs & Gravy*)

### Dairy

2 oz buttermilk (*"Fried" Scallops*)  
2 oz skim milk (*Meatballs & Gravy*)  
orange juice (or from frozen section) (*Ham with Fruit Sauce*)  
fat-free sour cream (*Meatballs & Gravy*)

### Pasta, Rice, & Legumes

12 oz wide egg noodles (*Meatballs & Gravy*)

### Baking Aisle

flour (*Chicken Bonne Femme*)  
olive oil (*Chicken Bonne Femme, Marinated London Broil II*)  
seasoned dry bread crumbs (*"Fried" Scallops*)  
plain dry bread crumbs (*Meatballs & Gravy*)  
Butter flavored non-stick cooking spray (*"Fried" Scallops*)  
cornstarch (*Marinated London Broil II, Ham with Fruit Sauce*)  
red currant jelly (*Ham with Fruit Sauce*)  
¼ cup golden or dark raisins (or from bin section) (*Ham with Fruit Sauce*)

### Canned

1 (15oz) can quartered artichoke hearts in water (not marinade) (*Marinated London Broil II*)  
1 (8oz) can peaches (*Ham with Fruit Sauce*)  
1 jar (2.5 oz) sliced mushrooms (*Meatballs & Gravy*)  
1 can (15 oz) beef gravy (*Meatballs & Gravy*)

### Soups and Packaged Mixes

chicken bouillon granules (*Chicken Bonne Femme, Marinated London Broil II*)

### Spices and seasonings

salt  
pepper  
tarragon (*Chicken Bonne Femme*)  
ground thyme (*"Fried" Scallops*)  
basil (*Marinated London Broil*)  
dried parsley (*Meatballs & Gravy*)  
dried minced garlic (*Meatballs & Gravy*)

### Condiments

red wine vinegar (*Marinated London Broil II*)

### Non-Food Items

white wine (*Chicken Bonne Femme*)  
red wine (*Marinated London Broil II*)