

# Customer Shopping List - PapayaHead.com

Item	Quantity	Grocery Aisle	Recipe
<b>cooking spray oil</b>	<b>3 1/3 sprays</b>	<b>Baking</b>	
cooking spray oil	2 sprays	Easy Spaghetti with Turkey Meat Sauce	10/04/2012
		cooking spray oil	1 1/3 sprays Healthy Spinach Pie 10/01/2012
<b>brown sugar</b>	<b>2 tablespoons</b>	<b>Baking</b>	<b>All-Star Pork Meatballs</b>
<b>flour</b>	<b>1 oz</b>	<b>Baking</b>	
flour	1/4 cup	Beef Stew In a Hurry	10/02/2012
		flour	1 1/3 tablespoons Healthy Spinach Pie 10/01/2012
<b>water</b>	<b>2 1/4 cups</b>	<b>Beverages</b>	
water	1/4 cup		Simple Chinese Chicken Peanut Salad
water	2 cups		Beef Stew In a Hurry
<b>bread, french or vienna (includes sourdough)</b>	<b>2 slices, medium (4" x 2-1/2" x 1-3/4" each)</b>	<b>Bread &amp; Bakery</b>	
<b>whole-wheat pita bread</b>	<b>4</b>	<b>Bread &amp; Bakery</b>	
<b>corn flakes</b>	<b>1/2 cup</b>	<b>Breakfast &amp; Cereal</b>	<b>All-Star Pork Meatballs</b>
<b>sauce, ready-to-serve, salsa</b>	<b>5 oz</b>	<b>Canned Goods &amp; Soups</b>	
salsa, ready-to-serve	1/4 cup		Dinner Salad with Salsa Topping
sauce, ready-to-serve, salsa	4 tablespoons		Fast and Easy Chicken Fajitas
<b>spaghetti/marinara sauce, ready-to-serve</b>	<b>17 1/3 ounces</b>	<b>Canned Goods &amp; Soups</b>	<b>Easy Spaghetti with Turkey Meat Sauce</b>
<b>dried onion soup mix</b>	<b>1 packet</b>	<b>Canned Goods &amp; Soups</b>	<b>Beef Stew In a Hurry</b>
<b>canned green beans</b>	<b>8 ounces</b>	<b>Canned Goods &amp; Soups</b>	<b>Beef Stew In a Hurry</b>
<b>canned potatoes</b>	<b>8 ounces</b>	<b>Canned Goods &amp; Soups</b>	<b>Beef Stew In a Hurry</b>
<b>canned carrots</b>	<b>16 ounces</b>	<b>Canned Goods &amp; Soups</b>	<b>Beef Stew In a Hurry</b>
<b>kalamata olives, pitted</b>	<b>1/4 cup</b>	<b>Canned Goods &amp; Soups</b>	<b>Greek Salad</b>
<b>extra-virgin olive oil</b>	<b>1 1/2 tablespoons</b>	<b>Condiments</b>	<b>Kale w/ Cumin, Cherry Tomatoes</b>
<b>canola oil</b>	<b>1/2 teaspoon</b>	<b>Condiments</b>	<b>Fast and Easy Chicken Fajitas</b>
<b>low sodium ketchup</b>	<b>1/8 cup</b>	<b>Condiments</b>	<b>All-Star Pork Meatballs</b>
<b>red wine vinegar</b>	<b>2 tablespoons</b>	<b>Condiments</b>	<b>Greek Salad</b>
<b>Fat-free Italian dressing</b>	<b>1 cup</b>	<b>Condiments</b>	
Fat-free Italian dressing	1/2 cup	Side Salad with Fat Free Italian	10/04/2012 Dressing
Fat-free Italian dressing	1/2 cup		Side Salad with Fat Free Italian Dressing

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olive oil	2 tablespoons	Condiments	Greek Salad
reduced fat italian salad dressing	1/2 cup	Condiments	Cucumber Salad with Tomatoes
honey	1 teaspoon	Cookies, Snacks and Candy	Mustard Spiced Salmon
skim milk	2/3 cup	Dairy, Eggs and Cheese	Healthy Spinach Pie
sour cream, fat free	3 oz	Dairy, Eggs and Cheese	
fat free sour cream	2 ounces		Garlic Mashed Potatoes
sour cream, fat free	2 tablespoons		Fast and Easy Chicken Fajitas
nonfat milk	2 tablespoons	Dairy, Eggs and Cheese	Garlic Mashed Potatoes
margarine	2 1/3 tablespoons	Dairy, Eggs and Cheese	
margarine	1 tablespoon		Garlic Mashed Potatoes
margarine	1 1/3 tablespoons		Healthy Spinach Pie
egg	2/3 large	Dairy, Eggs and Cheese	All-Star Pork Meatballs
cheddar cheese	2/3 cup, shredded	Dairy, Eggs and Cheese	Healthy Spinach Pie
egg beaters	1 1/3 cups	Dairy, Eggs and Cheese	Healthy Spinach Pie
feta cheese	4 ounces	Deli	Greek Salad
frozen spinach	2/3 cup	Frozen Foods	Healthy Spinach Pie
peppers, jalapeno	1/2 pepper	Fruits & Vegetables	Kale w/ Cumin, Cherry Tomatoes
onion	1/2 cup chopped	Fruits & Vegetables	Healthy Spinach Pie
cilantro leaves	2 1/2 tablespoons	Fruits & Vegetables	
cilantro leaves	2 tablespoons		Kale w/ Cumin, Cherry Tomatoes
cilantro leaves	1/2 tablespoon		Dinner Salad with Salsa Topping
grape tomatoes	1/2 cup	Fruits & Vegetables	Dinner Salad with Salsa Topping
fresh lime juice	1/2 tablespoon	Fruits & Vegetables	Dinner Salad with Salsa Topping
onion	7 oz	Fruits & Vegetables	
onions	1 small	Kale w/ Cumin, Cherry Tomatoes	10/06/2012
		Chicken Fajitas	09/30/2012
onion 1 cup, sliced			Fast and Easy
green leaf lettuce	1 head	Fruits & Vegetables	
green leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing
green leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing
garlic	0.89 oz	Fruits & Vegetables	
garlic	4 cloves		Garlic Mashed Potatoes
garlic	2 cloves		Kale w/ Cumin, Cherry Tomatoes
garlic	2 2/3 cloves		Healthy Spinach Pie
garlic	1/2 teaspoon		Dinner Salad with Salsa Topping

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<b>red bell peppers</b>	<b>1 cup, sliced</b>	<b>Fruits &amp; Vegetables</b>	<b>Fast and Easy Chicken Fajitas</b>
<b>cucumber</b>	<b>22 oz</b>	<b>Fruits &amp; Vegetables</b>	
cucumber	2 cups, pared, chopped		Cucumber Salad with Tomatoes
cucumber	1/2 medium		Side Salad with Fat Free Italian Dressing
cucumber	1/2 medium		Side Salad with Fat Free Italian Dressing
cucumber	1 small (6-3/8" long)		Greek Salad
cucumber	1/2 cup, pared, chopped		Dinner Salad with Salsa Topping
<b>tomatoes</b>	<b>26 oz</b>	<b>Fruits &amp; Vegetables</b>	
tomatoes	1 cup, chopped or sliced		Cucumber Salad with Tomatoes
tomatoes	3 large whole (3" dia each)		Greek Salad
<b>sweet onions</b>	<b>1/4 cup chopped</b>	<b>Fruits &amp; Vegetables</b>	<b>Cucumber Salad with Tomatoes</b>
<b>romaine lettuce</b>	<b>19 oz</b>	<b>Fruits &amp; Vegetables</b>	
romaine lettuce	8 cups shredded		Simple Chinese Chicken Peanut Salad
romaine lettuce	1/4 head		Dinner Salad with Salsa Topping
<b>potatoes</b>	<b>2 pounds</b>	<b>Fruits &amp; Vegetables</b>	<b>Garlic Mashed Potatoes</b>
<b>red leaf lettuce</b>	<b>1 head</b>	<b>Fruits &amp; Vegetables</b>	
red leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing
red leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing
<b>baby carrots</b>	<b>8 ounces</b>	<b>Fruits &amp; Vegetables</b>	
baby carrots	4 ounces		Side Salad with Fat Free Italian Dressing
baby carrots	4 ounces		Side Salad with Fat Free Italian Dressing
<b>fresh oregano</b>	<b>1 tablespoon, chopped</b>	<b>Fruits &amp; Vegetables</b>	<b>Greek Salad</b>
<b>radishes</b>	<b>1 cup, sliced</b>	<b>Fruits &amp; Vegetables</b>	
radishes	1/2 cup, sliced		Side Salad with Fat Free Italian Dressing
radishes	1/2 cup, sliced		Side Salad with Fat Free Italian Dressing
<b>red onion</b>	<b>1 oz</b>	<b>Fruits &amp; Vegetables</b>	
red onion	1/2 small		Greek Salad
red onion	1/8 medium (2-1/2		Dinner Salad with Salsa Topping
<b>fresh dill weed</b>	<b>2 teaspoons, chopped</b>	<b>Fruits &amp; Vegetables</b>	<b>Cucumber Salad with Tomatoes</b>
<b>cherry tomatoes</b>	<b>1 cup</b>	<b>Fruits &amp; Vegetables</b>	<b>Kale w/ Cumin, Cherry Tomatoes</b>
<b>kale</b>	<b>5 cups, chopped</b>	<b>Fruits &amp; Vegetables</b>	<b>Kale w/ Cumin, Cherry Tomatoes</b>
<b>spaghetti, whole-wheat</b>	<b>4 cups</b>	<b>Grains, Pasta and Sides</b>	<b>Easy Spaghetti with Turkey Meat</b>
			<b>Sauce</b>
<b>couscous</b>	<b>2 cups</b>	<b>Grains, Pasta and Sides</b>	

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corn tortillas, 6 inch	4 each	International Cuisine	Fast and Easy Chicken Fajitas
noodles, chinese, chow mein	2 cups	International Cuisine	Simple Chinese Chicken Peanut Salad
salmon fillet	16 ounces	Meat & Seafood	Mustard Spiced Salmon
ground turkey	2/3 pound	Meat & Seafood	Easy Spaghetti with Turkey Meat Sauce
cooked chicken, skinless	2 cups, chopped or diced	Meat & Seafood	Simple Chinese Chicken Peanut Salad
ground pork	2/3 pound	Meat & Seafood	All-Star Pork Meatballs
chicken breast, boneless, skinless	1 breast	Meat & Seafood	Fast and Easy Chicken Fajitas
peanut satay sauce	4 ounces	Other	Simple Chinese Chicken Peanut Salad
deli mustard	2 teaspoons	Spices	Mustard Spiced Salmon
pepper, red or cayenne	1/4 teaspoon	Spices	Mustard Spiced Salmon
tumeric	1/4 teaspoon	Spices	Mustard Spiced Salmon
garlic powder	1/8 teaspoon	Spices	Mustard Spiced Salmon
taco seasoning mix	1/2 tablespoon	Spices	Fast and Easy Chicken Fajitas
salt	1 1/4 teaspoons	Spices	
salt	1/2 teaspoon		Garlic Mashed Potatoes
salt	1/3 teaspoon		All-Star Pork Meatballs
salt	1/4 teaspoon		Mustard Spiced Salmon
salt	1/8 teaspoon		Healthy Spinach Pie
pepper	2/3 teaspoon	Spices	
pepper	1/4 teaspoon		Garlic Mashed Potatoes
pepper	1/8 teaspoon		All-Star Pork Meatballs
pepper	1/4 teaspoon		Greek Salad
pepper	1/8 teaspoon		Healthy Spinach Pie
pepper	1/8 teaspoon		Dinner Salad with Salsa Topping
dry mustard	2/3 teaspoon	Spices	All-Star Pork Meatballs
dried onion flakes	2/3 tablespoon	Spices	All-Star Pork Meatballs
ground cumin	1 1/2 teaspoons	Spices	Kale w/ Cumin, Cherry Tomatoes
ground nutmeg	1/8 teaspoon	Spices	Healthy Spinach Pie