

MARINA MAKES RISE UP RECIPES

SHOPPING LIST

PRODUCE

- Blueberries for topping
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MEAT, FISH & POULTRY

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DAIRY & EGGS

- 4 eggs
- 1/2 cup of milk
- 1/2 Tbsp of butter
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BAKING, SPICES, OILS & CONDIMENTS

- 1 cup of flour
- 2 Tbsps of sugar
- 1 Tbsp of olive oil
- 1 tsp of vanilla extract
- Pinch of salt
- 1/4 - 1/2 cup of strawberry jam

BREAD, GRAINS & CEREAL

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DRY/CANNED GOODS & PANTRY SNACKS

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FROZEN FOODS

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BEVERAGES

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MISCELLANEOUS

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