

**Produce Meat Fish**

2 Red Peppers 3 lb Chicken Cutlets 2 lb Large Shrimp

1 Yellow Pepper 3 lb Scallops

1 Orange Pepper

1 Green Pepper **Baking**

3 Jalapeno Peppers

5 Red Onions Sliced Almonds

2 Garlic Heads

2 Bags of Salad Mix **Dairy**

2 Jicama

1 Head of Cauliflower 2 Quarts of Fat Free Greek Yogurt (Fage Preferred)

4 Large Zucchini (Green) Pint Fat Free Sour Cream

1 Large Cucumber Skim Milk - Quart

6 Plum Tomatoes Athenos Fat Free Feta Cheese

10 Green Onions 2 Bags of Kraft Fat Free Shredded Cheddar Cheese

1 Watermelon (Seedless) 1 Bag of Kraft Fat Free Shredded Mozzarella Cheese

Pint Blueberries (If Fat Free not available get reduced fat cheeses)

2 Limes I Can’t Believe It’s Not Butter Spray

10 Peaches

Mint (if using)

**Snack** **Dry Goods**

Pepperidge Farm Cinnamon Goldfish Balsamic Vinegar 2 Cans of Shoepeg White Corn

Can of Tomato Sauce 1 Can of Mexicorn

Lime Juice Lemon Juice

2 Cans of Black Beans 2 Cans of Pineapple Tidbits in Water

**Pantry**

Vegetable Cooking Spray Red Pepper Flakes Parsley Cilantro

Onion Powder Dill Weed Basil Splenda

Garlic Powder Dried Chives Cayenne Pepper Vanilla Extract

Paprika Salt & Pepper Cinnamon Almond Extract