**
Produce** **Meat** **Fish**

3.5 lb Plum Tomatoes 5 Pounds Boneless Chicken Cutlets 1 Can of Crabmeat

1 Head Iceberg Lettuce 1 Pound Ground Turkey Breast 1 Can of Tuna in Water

2 Heads Garlic 1 Pack of Split Chicken Breasts

1 lb Parsnips & 1lb Carrots Pot Roast

1 Cucumber **Dry Goods**

1 Baking Potato **Dairy**

1 Green Pepper 2 Cans Chickpeas

1 Jalapeno Pepper I Can’t Believe…..Spray 3 Cans Pineapple Chunks

7 Onions (2 Red & 5 Yellow) ½ Gallon Skim Milk 1 Can Fruit Cocktail

2 Ears Corn Nonfat Borden Cheese Slices Orzo

1 Baking Potato Nonfat Sour Cream White Rice

1 Asparagus Bundle Nonfat Greek Plain Yogurt Balsamic Vinegar

4 Green Onions 2 Dozen Eggs Lemon Juice

4 Plum Tomatoes Nonfat Cottage Cheese 2 Cans Tomato Sauce – 15 oz

Celery Kraft Fat Free Shredded Cheddar 1 Can Green Chilis – 4 oz

1 lb White Mushrooms Nonfat Half & Half

6 Bananas Hillshire Farms Oven Roast Turkey **Cereal**

1 Watermelon

Seedless Grapes **Soup** Bran Flakes

2 Limes

Fresh Parsley (or Dried) 32 oz Chicken Broth **Snacks**

**Pantry Items** **Breads** Nature Valley Granola Cups

 Box Veggie Straws

Dijon Mustard Joseph’s Oat Bran & Wheat Smart Food Cheddar Popcorn

Soy Sauce Sriracha Sauce Lavash Bread

Basil Oregano Nature’s Own Butter Bread **Optional**

Vanilla Extract

Ground Ginger **Frozen** Himalayan Pink Salt

All Purpose Flour White Ground Pepper

Pepper/Salt 2 Bags Cauliflower Rice

Red Pepper Flakes Weight Watchers Large Fudge Bars

Cumin Cayenne

Thyme Garlic Powder

Splenda Paprika

Cooking Spray Cilantro

Parsley Dill Weed