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

2 Tomatoes 2 Pounds Boneless Chicken Cutlets 1 lb Tilapia Fillets

1 Head Iceberg Lettuce 6 Pounds Ground Turkey Breast

2 Heads Garlic Pork Tenderloin London Broil

1 lb String Beans Turkey Bacon Canadian Bacon

1 Cucumber **Dry Goods**

1 Baking Potato **Dairy**

7 Green Peppers 2 Cans Chickpeas

3 Red Peppers Fat Free Feta Cheese 3 Cans Pineapple Chunks

9 Onions (Yellow) ½ Gallon Skim Milk Unsweetened Applesauce

2 Ears Corn Lowfat Pineapple Cottage Cheese Orecchietta Pasta

2 lb Brussel Sprouts Hillshire Farms Thin Pastrami White Rice

1 Asparagus Bundle Nonfat Greek Plain Yogurt Balsamic Vinegar

Celery 2 Dozen Eggs Lime Juice

1 Salad Bag Kraft Fat Free Shredded Cheddar 2 Cans Tomato Sauce – 15 oz

Grapes 3 Cans Kidney Beans

2 lb Strawberries **Cereal** Dried Cranberries

7 Bananas Taco Seasoning

2 Lemons Cheerios Red Wine Vinegar

Worcestershire Sauce

**Soup** **Snacks** Salsa & Salsa Verde

Light Mayonnaise

16 oz Beef Broth Emerald 100 Calorie Almonds Cider Vinegar

Tostitos Scoops 2 Cans Diced Tomatoes – 15 oz

**Breads**  2 Pure Protein Vanilla Shakes 3 Cans Mushrooms (Small can)

Graham Crackers 1 Can Corn

Joseph’s Heart Friendly Pita 1 Can Creamed Corn

Sara Lee White Wheat Bread **Frozen** 1 Can Green Peas Ken’s Light Balsamic Dressing

**Pantry Items** 1 Bag Cauliflower Rice

**Optional**

Canola Oil Olive Oil

Basil Oregano Himalayan Pink Salt

Peanut Butter Cooking Spray White Ground Pepper

Cinnamon Ground Cloves Mexican Oregano

Pepper/Salt Chili Powder

Cumin Coriander

Cilantro Paprika Splenda