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

5 Tomatoes 1 Pack of Turkey Bacon 2 lb Fresh or Frozen Cooked Shrimp

1 Head Iceberg Lettuce 3 Pounds Ground Turkey Breast

1 Head Garlic 4 Boneless Chicken Cutlets **Dry Goods**

2 Cucumbers 2 8 Ounce Ham Steaks

Celery Canadian Baco n 1 Can of Sliced Mushrooms

3 Green & 3 Red Peppers Hillshire Farms Slow Roast Turkey 2 Cans Chickpeas

2 Jalapeno Peppers Breast 2 Cans Black Beans

8 Onions (Red or Yellow) 2 Jars Fat Free Beef Gravy

1 Pound White Mushrooms **Dairy** Hellmann’s Light Mayonnaise

4 Baked Potatoes Reduced Sugar Ketchup

4 Corn on Cob (or Frozen Corn) Half Gallon Skim Milk Mustard

10 Green Onions 2 Dozen Eggs Picante Sauce

4 Serrano Peppers 32 oz Greek Nonfat Yogurt Salsa Verde or Tomato Salsa

Fresh Parsley Kraft Fat Free Shredded Cheddar 1 Can Black Eyed Peas

Fresh Cilantro Nonfat Cottage Cheese 1 Can Pineapple Tidbits

7 Bananas Nonfat Sour Cream Diced Pimentos

6 Oranges Borden Fat Free Cheese Slices Unsweetened Applesauce (Jar)

Grapes (Big Bunch) I Can’t Believe…Butter Spray Sugar Free Fruit Spread

2 Lemons 8 oz Bottle Fat Free Italian Dressing

 1 lb Orzo

**Cereal** **Soup**

 **Snack Aisle**

Cream of Wheat 2 Cans Chicken Broth

Special K Berries Cereal Veggie Straws

 **Frozen** Nabisco 100 Lorne Doone Snacks

**Pantry Items**

 Green Giant Broccoli & **Breads/Crackers**

Worcestershire Sauce Cauliflower Rice

Salt Black Pepper Frozen Sweet Corn Graham Crackers

Cumin Cayenne Frozen Asparagus Spears Mini Bagels

Sweet Paprika Cinnamon Sara Lee White w/Whole Grain

Cornstarch Garlic Powder **Optional** Bread

Splenda Garlic Salt Ole Extreme Wellness Spinach

Cooking Spray Cilantro Himalayan Pink Salt Tortillas

Parsley White Ground Pepper Joseph’s Lavish Oat Bran Flax

Parsley Bread