****

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

2 Roma Tomatoes 5 Pounds Boneless Chicken Cutlets 1 LB Shrimp (Large)

3 Green Peppers 2 Pounds Ground Turkey Breast 1.5 LB Shrimp (Medium)

2 Heads Garlic Pork Tenderloin

Spinach 2 Turkey Bacon

1 Slicing Tomato 97% Fat Free Hebrew National Franks

Lettuce

2 LBS Asparagus **Dairy** **Dry Goods**

1 Sweet Potato

3 Red Peppers Dannon Light Fit Vanilla Yogurt 7 Cans of Black Beans

3 Jalapeno Peppers Borden Fat Free Cheese Slices 2 Cans Chickpeas

1 Yellow Pepper Fat Free Feta Cheese 2 Cans Pineapple Chunks

5 Onions (Yellow) 3 Red Onions ½ Gallon Skim Milk Unsweetened Applesauce

1 Large Cucumber Land O Lake Whipped Butter 1 Can Diced Tomatoes

1 LB White Mushrooms I Can’t…Butter Spray with Green Chilies

4 Green Onions Nonfat Greek Plain Yogurt Lime Juice

2 LB Broccoli Dozen Eggs 1 Can Pumpkin (Solid)

2 Bananas Kraft Nonfat Cheddar Cheese 1 Can Tomato Sauce – 15 oz

2 Lemons 1 Can Diced Tomatoes **Snacks** 1 Can Kidney Beans

**Cereal**  Light Mayonnaise

 Baked Lays Green Chilies

Sugar Free Pancake Syrup Emerald 100 Calorie Almonds Spicy Mustard

 100 Calorie Oreo Crisps Italian Stewed Tomatoes

**Soup** 3 Quest Bars Water Chestnuts

5 32oz Containers Chicken Broth Soy Sauce

Can Beef Broth **Frozen** Oyster Sauce

 Salsa

**Breads**  3 Frozen Sweet Corn Rice Wine Vinegar

 1 Cauliflower Rice Taco Seasoning

Light English Muffins Eggo Nutri-Grain Waffles White Wine Vinegar

Nature’s Own Wheat Hot Dog Buns Balsamic Vinegar

Tostadas **Beverage** Orzo & Angel Hair Pasta

Joseph’s Heart Friendly Pita Bread Can of Tuna

Nature’s Own Butter Bread Diet Snapple White Grape Juice Can of Corn

 Premier Protein Shakes Cornstarch

**Pantry Items** Oregon Sugar Free Chai

Coriander Poppy Seeds Parsley Cilantro Garlic & Onion Powder

Cayenne Oregano Chili Powder Splenda Brown Sugar Splenda

Cooking Spray Red Pepper Flakes Cumin Basil Paprika Ginger