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

2 Roma Tomatoes 4 Pounds Boneless Chicken Cutlets 2 LB Shrimp (Large) (Fresh or Frozen)

4 Green Peppers Split Chicken Breasts Salmon Fillets

2 Heads Garlic Turkey Bacon 3 Cans of Tuna in Water

1 Cucumber Turkey Pepperoni

1 Baking Potato

Lettuce **Dairy**

2 LBS Broccoli **Dry Goods**

Celery Hillshire Farms Turkey Breast

2 Red Peppers Skim Milk 3 Cans of Black Beans

2 Jalapeno Peppers Borden Fat Free Cheese Slices 2 Cans Chickpeas

String Beans Fat Free Sour Cream Lemon Juice

7 Red Onions Fat Free Cottage Cheese Unsweetened Applesauce

1 Avocado Kraft Fat Free Mozzarella Cheese 2 Cans Diced Tomatoes

2 Oranges I Can’t…Butter Spray with Green Chilies

2 Cantaloupe Nonfat Greek Plain Yogurt Can of Water Chestnuts

5 Bananas Dozen Eggs Rice Wine Vinegar

 Kraft Nonfat Cheddar Cheese 1 Can Tomato Puree – 28 oz

**Cereal**  Oyster Sauce **Snacks** Soy Sauce

MultiGrain Cheerios Light Mayonnaise

 Graham Crackers Green Chilies

**Soup** Veggie Straws Spicy Mustard

 4 Vanilla Premier Protein Shakes Cider Vinegar

Onion Soup Mix 3 Cans of Sliced Mushrooms

Qt. Chicken Broth Vegetable Broth Peanut Butter

Qt. Beef Broth Progresso Heart Healthy Wedding Soup Salsa Verde

 **Frozen** Angel Hair Pasta

**Breads**  2 Boxes Brussels Sprouts Self Rising Flour

 1 Cauliflower Rice Cornstarch

Light English Muffins

Nature’s Own Butter Bread **Beverages**

Ole Extreme Wellness Spinach Wraps

Mini Bagels Oregon Sugar Free Chai

**Pantry Items**

Himalayan Pink Salt Parsley Cilantro Oregano Chili Powder Splenda

Cooking Spray Red Pepper Flakes Cumin Basil Paprika Cinnamon