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

2 Roma Tomatoes 5 Pounds Boneless Chicken Cutlets 2 LB Scallops

3 Green Peppers 3 Pounds Ground Turkey Breast 2.5 LB Shrimp

2 Heads Garlic Roast Beef

2 Asparagus Bundles **Dry Goods**

1 Sweet Potato **Dairy**

1 Baking Potato 5 Cans of Black Beans

4 Jalapeno Peppers Borden Fat Free Cheese Slices 2 Cans Chickpeas

5 Red Peppers Fat Free Feta Cheese 1 Can Pineapple Chunks

5 Onions (Yellow) 2 Red Onions ½ Gallon Skim Milk Unsweetened Applesauce

1 Large Cucumber Fat Free Cottage Cheese 1 Can Diced Tomatoes

Portobello Mushrooms I Can’t…Butter Spray with Green Chilis

8 Green Onions Nonfat Greek Plain Yogurt Lime Juice

Celery 2 Dozen Eggs Peanut Butter

6 Bananas 3 Cans Tomato Sauce – 15 oz

1 Lb Strawberries **Cereal**  Sugar Free Fruit Spread

2 Lemons 2 Cans Mushrooms

4-5 LB Honeydew Puffed Wheat Bread & Butter Pickles

Watermelon Green Chilies

8 Oranges **Snacks**  Worcestershire Sauce

 Italian Stewed Tomatoes

**Soup** 3 Quest Bars Ken’s Light Balsamic Dressing

Chicken Broth Pop Secret Snack Bags Mustard

 Baked Lays

**Breads**  5 Pure Protein Vanilla Shakes **Frozen**

 Graham Crackers

Joseph’s Heart Friendly Pita 4 Bags Cauliflower Rice

Sara Lee White Wheat Bread **Bakery**  2 Frozen Corn 1 Frozen Peas (or canned)

**Pantry Items** 2 Kaiser Rolls

 **Optional**

Dill Weed Poppy Seeds

Cayenne Oregano White Ground Pepper

Cooking Spray Apple Pie Seasoning

Cinnamon Cilantro

Pepper/Salt Chili Powder Garlic Powder

Cumin Coriander Parsley

Thyme Paprika Splenda