

**Produce Meat Fish**

3 Red Peppers Turkey Bacon 1 lb Shrimp

2 Green Peppers Tyson Grilled Chicken Strips

2 Red Onions

4 Apricots (if no canned available)

**Dairy** **Dry Goods**

Quart of Fat Free Half & Half Whole Chipotle Peppers in Adobo Sauce

Fat Free Greek Plain Yogurt Quart Chicken Broth

Dozen Eggs Sugar Free Apricot Preserves

2 Kraft Fat Free Cheddar Cheese Can of Apricot Halves in Water (or fresh)

 Spicy Mustard or Dijon

 Light Mayonnaise (Hellmann’s)

**Bread**  Cornmeal

6 Light English Muffins **Frozen**

 2 Bags of Frozen Sweet Corn

**Pantry**

Vegetable Cooking Spray

Onion Powder

Garlic Powder

Paprika Salt & Pepper

Worcestershire Sauce