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

2 Lemons 4 Chicken Cutlets 1 Pound Large Shrimp

10 Medium Red Onions

2 Heads of Garlic

8 Large White Mushrooms

1 Pound of White Mushrooms

1 Red Pepper

3 Stalks Scallions

2 Bags Salad Mix

2 Cucumbers

5 Roma Tomatoes

1 Pound of Green Beans

Fresh Herbs (Optional – Your Choice of Herb for Stuffed Mushroom Recipe)

**Pantry Items** **Dairy** **Canned Goods**

Olive Oil Spray 1 Kraft Fat Free Cheddar Cheese 2 Cans White Beans (Cannellini)

Lemon Juice 1 Kraft Fat Free Mozzarella 2 32oz Containers of Chicken Broth

Red Wine Vinegar Athenos Fat Free Feta Cheese

White Wine Vinegar Dozen Eggs

Balsamic Vinegar 8 oz Fat Free Plain Greek Yogurt

Dried Thyme Pint of 1% Milk

Salt

Black Pepper

Cayenne Pepper **Bottled**

Dried Parsley

Ground Mustard 1 Diet Snapple White Grape Juice

Dried Chives

Dried Basil

Dried Onion Powder

Dried Garlic Powder

Dried Dill

Dried Paprika

Ziploc Bag