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| **Produce*** Baby spinach, fresh, two 6-oz. Bags
* Bok choy, 1 lb.
* Carrots, 8
* Garlic
* Lemons, 2
* Mixed baby greens, 2 bags
* Red onion, 1
* Rosemary (optional, for lasagna)
* Sweet onion, 1
* Lettuce (for burgers)
* Tomatoes, 2 (for burgers)

**Bread & Baked Goods*** Hamburger buns
* Sourdough bread

**Condiments, Dressings & Oils*** Lee Kum Kee Sriracha chili sauce
* Salsa (I prefer Herdez red and green)
* Seasoned rice vinegar
* Sesame oil
* Soy sauce

**Meats*** Chicken breasts, boneless skinless, 1 lb.
* Ground turkey, 1-1/4 lb.
* Whole rotisserie chicken
* Salmon fillets, 2-3
* Turkey burger patties
* Turkey sausage (uncooked), 1 lb.

**Canned Foods, Soups & Mixes*** Artichoke hearts
* Chicken broth: one can, three 32-oz. boxes, and one 48 oz. box
* Corn, small can
* Petite diced tomatoes, 3 cans
* Red kidney beans, small can
* Vegetable broth, 1 can
 | **Grains & Pasta*** Medium grain rice
* Lasagna noodles, no boil
* Pasta sauce, 28 oz.
* Vegetable or whole wheat pasta, 1 box
* Wild rice

**Dairy*** Cheese slices (optional, for burgers)
* Grated mexican blend cheese (optional, for taco salad)
* Grated mozzarella cheese, 16 oz.
* Grated parmesan cheese
* Milk (for dumplings)
* Seasoned feta cheese, 4 oz. (plain is also fine)
* Sour cream (optional, for taco salad)

**Frozen*** French fries (substitute fresh potatoes if making your own fries)
* Frozen chopped spinach, 16 oz.
* Frozen peas

**Baking & Cooking*** Baking mix

**Snacks*** Corn chips

**Other Foods*** Taco seasoning
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