

**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