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| **Produce*** Baby carrots
* 16 oz. salad greens
* 3 bunches green onions
* 4 medium tomatoes
* 1 English cucumber (the long ones wrapped in plastic)
* Avocado (or prepared guacamole), optional for carnitas
* Finely shredded cabbage, optional for carnitas
* 8 medium potatoes
* 4-8 oz. mushrooms (depending on how much you like them)
* 1 bunch asparagus
* Any extra veggies you like for side salad

**Bread & Baked Goods*** 4-6 French rolls
* Sourdough loaf
* 10-12 small tortillas

**Condiments, Dressings & Oils*** Soy sauce
* Olive oil
* Red wine vinegar
* Kalamata olives
* 16 oz. green salsa, plus more to top carnitas
* Dijon mustard
* BBQ sauce
* Hot sauce
* Zesty Italian salad dressing mix packet
* Dressing of choice for side salad

**Meats*** 3-4 pound lean beef roast
* Boneless skinless chicken breasts, 12 pieces, about 5 pounds
* 3-4 pound pork roast
* 1 pound bacon
* 1 pound raw Italian sausage
 | **Canned Foods, Soups & Mixes*** Beef bouillon cubes
* 14-oz. can beef broth
* 10.75-oz can reduced fat cream of chicken soup

**Grains & Pasta*** Whole wheat pasta shells
* 12-16 oz. package fettuccine
* whole wheat egg noodles
* 28-oz. parmesan and vodka pasta sauce

**Dairy*** Butter (or butter substitute)
* Reduced-fat feta cheese (small container)
* Milk (3 cups for recipes)
* Block of sharp cheddar cheese
* Mexican blend shredded cheese
* 4 oz. reduced fat cream cheese
* small container sour cream

**Frozen*** Tater tots

**Baking & Cooking*** Dried rosemary
* Dried oregano
* Dried basil
* Dried dill
* Dried cilantro
* Ground cumin
* Onion powder
* Garlic powder
* Chili powder
* Paprika
* Cayenne pepper, optional
* Ground thyme
* Bay leaves

**Snacks*** Corn chips

**Other Foods*** Taco seasoning
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