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| **Produce**   * Green beans * Pizza toppings * Mixed baby greens * Sweet onions, 3 * Red onion, 1 * Bell pepper (red, yellow, or orange) * Shredded cabbage * Medium tomatoes, 3 * Mushrooms, 8-12 oz. * Carrots, 4 * Celery * Cauliflower, 1 head * Cilantro (or dried) * Lime, 1 * Dill (or dried) * Garlic, 1 head * Grape tomatoes   **Bread & Baked Goods**   * Sandwich rolls * Sourdough or French loaf (if not making No Knead Bread)   **Condiments, Dressings & Oils**   * Olive oil * Dressing of choice for side salad * Reduced sodium taco seasoning * Red salsa (I like Herdez) * Worcestershire sauce   **Meats**   * Pizza toppings * 1 lb. ground turkey or chicken * 1 lb. cube steaks * Steaks * Salmon fillets * Fully cooked chicken sausages * 1 lb. boneless, skinless chicken breasts   **Frozen**   * French fries (or fresh potatoes) | **Canned Foods, Soups & Mixes**   * 1 can beef broth * 1 can refried beans * 2 cans chicken broth   **Grains & Pasta**   * Medium grain rice * Brown or long grain rice * Wild rice (or wild/brown mix) * Couscous with seasoning   **Dairy**   * Grated parmesan * Shredded mozzarella * Grated Mexican blend cheese * Sour cream (optional for tacos) * Milk (2 cups) * Butter * Small container plain yogurt   **Baking & Cooking**   * Active dry yeast (for pizza dough) * All purpose flour * Instant yeast (if making no knead bread) * Bread flour (if making no knead bread) * Dried basil * Dried oregano * Garlic powder * Onion powder * Seasoning blend (I like Grill Mates Spicy Montreal Seasoning) * Lemon pepper seasoning * Your choice of steak seasoning (if needed) * Ground cumin * Chili powder * Crushed red pepper flakes   **Other Foods**   * 10 taco shells |