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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
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