

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