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| **Produce*** Green beans
* 12-16 oz. Bag of cut and clean greens
* Red potatoes, 3 medium
* Sweet onions, 2
* Tomatoes, 4
* 16 oz. Salad greens
* Green onions
* English cucumber, 1
* Finely shredded cabbage
* Avocado, 1 ripe
* Lime, 1
* Lemon, 2
* Roma tomato, 1
* Celery

**Bread & Baked Goods*** Sourdough or French loaf (if not making No Knead Bread)

**Condiments, Dressings & Oils*** Olive oil
* Shortening
* Seasoned rice vinegar
* Vegetable oil
* Red wine vinegar
* Kalamata olives
* Salsa
* Packet country gravy mix
* Dressing for side salad
* Soy sauce

**Meats*** Catfish fillets, 4
* Bacon (only 1 slice needed)
* Boneless skinless chicken breasts, 3 lb.
* Ham steak for potato chowder (optional)
* Preservative-free turkey hot dogs or chicken sausages
* Tilapia fillets

**Frozen*** Sweet potato fries
* Peas
 | **Canned Foods, Soups & Mixes*** 1 can refried beans
* 3 cans chicken broth
* 1 can sweet corn
* 1 can creamed corn

**Grains & Pasta*** Box of pasta (whole wheat recommended)
* 8 oz. Macaroni or shell pasta

**Dairy*** Small buttermilk
* Eggs
* Butter
* Small container reduced-fat feta cheese
* 8 oz. 2% milk sharp cheddar
* 2 c. Mexican blend shredded cheese
* Milk, 1 quart
* Reduced fat cream cheese
* Grated parmesan cheese
* Crescent roll dough
* 8 oz. Reduced fat sour cream
* 12 oz. Lowfat cottage cheese
* Your choice of cheese for Turkeys in Sleeping Bags

**Baking & Cooking*** Cornmeal
* Baking soda
* Cayenne pepper (optional)
* Hot sauce (optional)
* Cajun seasoning
* All purpose flour
* Paprika
* Garlic powder
* Onion powder
* Dried oregano
* Dried basil
* Chili powder
* Ground cumin
* Dried cilantro
* Lemon pepper seasoning

**Other Foods*** 8 tostada shells
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