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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 |