

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

