|  |  |
| --- | --- |
| **Produce**   * Fruit for fruit salad * Green onions, 2 bunches * 6 oz. Bag baby spinach * 2 limes * 2 jalapenos * 16 oz. Mixed baby greens * Brussels sprouts * English cucumber * 2 medium tomatoes * Finely shredded cabbage * Cilantro (or dried) * Lemons, 2 * Medium red potatoes , 4-8 * Additional veggies for side salad (optional) * Celery * 1 small onion * 1 small bell pepper (optional)   **Bread & Baked Goods**   * 8 corn tortillas * Sourdough bread (for shrimp boil and salmon salad)   **Condiments, Dressings & Oils**   * Thai fish sauce * Ketchup * Horseradish * Yellow or brown mustard * Olive oil * Packet of Zesty Italian Dressing mix (if not making your own) * Salad dressing for side salad (optional)   **Meats**   * ½” thick ham slices, 2 * 1 lb. Uncooked turkey or chicken sausage * 1 lb. Salmon fillets * 5 lb. Boneless, skinless chicken * 2 lb. Shrimp (41-50 or 51-60 size, frozen is great)   **Frozen**   * Hashbrown potatoes * Corn on the cob (or fresh) | **Canned Foods, Soups & Mixes**   * 12 oz. 2% evaporated milk * 1 can petite diced tomatoes * 2 cans chicken broth * 1 can black beans * 1 can diced green peppers * small can enchilada sauce * 2 cans reduced sodium cream of chicken soup * 1 can cream of celery soup   **Grains & Pasta**   * 12 oz. Box wheat or veggie pasta * 12 oz. Bag whole wheat egg noodles * 12 oz. Cornbread stuffing mix   **Dairy**   * 8 oz. Shredded cheddar or Colby jack * Eggs * Grated parmesan * 8 oz. Shredded Mexican cheese * 8 oz. Sour cream * Butter or margarine * Reduced fat cream cheese * 12 oz. Sour cream   **Baking & Cooking**   * Garlic powder * Chili powder * Brown sugar * Ground cumin * Ground coriander (optional) * Shrimp boil * Cayenne pepper (optional) * Hot sauce (optional) * Dried oregano * Dried basil * Dried dill * Ground sage * Ground thyme   **Other Foods**   * Mini marshmallows for fruit salad, very optional |