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| **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
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