

WEEK 2

MEATS

- 6 LBS GROUND BEEF
- 2 LBS ITALIAN SAUSAGE
- 1 PKG BACON
- *2-3 LB ROAST * OR *3 LBS STEW MEAT *
- *1 LB GROUND BEEF (BEEF & CABBAGE STIR FRY)
- *3 LB PORTERHOUSE STEAK (STEAK & VEGGIES)
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DAIRY

- ½ GALLON MILK
- 8 OZ COTTAGE CHEESE
- 2 DOZEN EGGS
- 1 PKG SHREDDED CHEESE
- CHEESE BLOCK
- 4 OZ SOUR CREAM
- _____
- _____
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PRODUCE

- 1 PKG STRAWBERRIES
- 6 PEACHES
- 1 WATERMELON
- 1 PKG CHERRIES
- 1 PKG GRAPES
- 1 LEMON
- 1 BAG APPLES
- 2 PKG CHERRY TOMATOES
- 1 PKG ROMAINE LETTUCE
- 5 YELLOW ONION
- 4 GARLIC BULBS
- 3 AVOCADOS
- 3 CUPS BUTTERNUT SQUASH
- 1 PKG LARGE CARROTS
- 1 PKG BABY CARROTS
- 2 SPAGHETTI SQUASH
- 1 CUP SPINACH
- 6 RUSSET POTATOES
- *1 BAG SMALL WHITE POTATOES* (STEW)
- *1 PKG CELERY STALKS* (STEW)

- *6 LARGE TOMATOES* (STEW)
- *1 HEAD GREEN CABBAGE* (B&C STIR FRY)
- *6 GREEN ONIONS* (BEEF & CABBAGE STIR FRY)
- *6 OZ MUSHROOMS* (STEAK & VEGGIES)
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CANNED GOODS

- 1 CAN OLIVES
- 1 JAR ROASTED RED PEPPERS
- 28 OZ PEELED CRUSHED TOMATOES
- 14 OZ PETITE DICED TOMATOES
- 1 CAN WHITE CHILI BEANS
- 1 CAN RED KIDNEY BEANS
- 2 CUPS PIZZA SAUCE (NO SUGAR ADDED)
- 7 CUPS CHICKEN BROTH
- 1 CAN CRM. POTATO SOUP
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GRAINS

- 1 LOAF WHOLE GRAIN BREAD
- SPANISH OR MEXICAN RICE
- 16 OZ PASTA
- FLOUR TORTILLAS
- _____
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FROZEN

- 1 PKG (16 OZ) SHREDDED HASHBROWNS
- GRILLED CHICKEN STRIPS (FOR SALADS)
- CHICKEN BREAST NUGGETS
- 16-24 OZ RAW SHRIMP
- *2 PKG CAULIFLOWER RICE* (B&C STIR FRY)
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- _____
- _____

WEEK 2

PANTRY

- SALTINE CRACKERS
- 4 TBSP CHILI POWDER
- 2 TBSP CUMIN
- 2 TBSP GARLIC POWDER
- 1 TSP ONION POWDER
- 3 TSP DRIED OREGANO
- 2 TSP DRIED BASIL
- 1 TSP PARSLEY
- 7 TBSP GHEE
- ½ CUP EXTRA VIRGIN OLIVE OIL
- 3 TBSP BALSAMIC VINEGAR
- 1 TBSP COCONUT OIL
- SEA SALT & PEPPER
- *4 TBSP SOY SAUCE* (STIR FRY)
- *2 TBSP TOASTED SESAME OIL (STIR FRY)
- *1 TBSP BROWN SUGAR (STIR FRY)
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