

WEEK 3

MEATS

- 2 LBS GROUND BEEF
- 1 LB GROUND PORK
- 2 RACKS PORK RIBS
- 6-8 CHICKEN BREASTS
- 3 CUPS CUBED HAM
- _____
- _____

DAIRY

- ½ GALLON MILK
- 1 DOZEN EGGS
- _____
- _____
- _____

PRODUCE

- 1 PINEAPPLE
- 1 PKG STRAWBERRIES
- 1 CANTALOUPE
- 1 PKG ROMAINE LETTUCE
- 1 PKG CHERRY TOMATOES
- 2 AVOCADO
- 1 YELLOW ONION
- 1 WHITE ONION
- 1 RED BELL PEPPER
- 1 GREEN BELL PEPPER
- 1 BAG BABY CARROTS
- 10 # BAG RUSSET POTATOES
- 6 LARGE BAKING POTATOES
- 2 CLOVES GARLIC
- 8 EARS FRESH CORN ON THE COB
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- _____

CANNED GOODS

- 2 CAN BLACK BEANS
- 1 CAN CREAMED CORN
- 3 CANS COCONUT MILK
- 1 CAN TOMATO SAUCE
- 1 CAN (14.5 OZ) WHOLE PEELED TOMATOES
- 1 CAN (14.5 OZ) DICED TOMATOES W/CHILIES
- _____
- _____
- _____
- _____

GRAINS

- 1 LOAF WHOLE GRAIN BREAD
- FLOUR TORTILLAS
- _____
- _____
- _____
- _____
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- _____

FROZEN

- CHICKEN & STEAK FAJITA STRIPS
- FROZEN GRILLED CHICKEN (FOR SALADS)
- CHICKEN BREAST NUGGETS
- 1 PKG SWEET POTATO FRIES
- 2 PKG BROCCOLI FLORETTES
- 1 PKG FROZEN PEAS
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