

WEEK 1

MEATS

- 4 LBS GROUND BEEF
- 2 LBS GROUND PORK
- 14-16 CHICKEN BREASTS
- 1 (9-10 LB) BONE-IN FULLY COOKED HAM
- 1 PKG BACON
- *2 LBS FISH FILLETS* (FISH)
- _____
- _____
- _____

DAIRY

- ½ GALLON MILK
- 8 OZ SOUR CREAM
- 16 OZ SHREDDED CHEDDAR CHEESE
- ½ CUP PARMESAN CHEESE
- SPECIAL CHEESE
- 1 DOZEN EGGS
- _____
- _____

PRODUCE

- 1 PKG CHERRY TOMATOES
- 1 PKG MUSHROOMS
- 2 PKG BABY CARROTS
- 3 YELLOW ONION
- 1 RED ONION
- 1 RED BELL PEPPER
- 9 GREEN BELL PEPPER
- 3 AVOCADOS
- 2 YELLOW SQUASH
- 6-8 POTATOES
- 9 CUP GREEN BEANS
- 1 BUNCH ASPARAGUS
- 1 PKG ROMAINE LETTUCE
- 1 BAG ORANGES
- 1 BAG APPLES
- 1 LIME
- 6-8 BANANAS
- 1 PKG BLUEBERRIES
- 1 PKG STRAWBERRIES
- 1 PINEAPPLE

- _____
- _____
- _____
- _____

CANNED GOODS

- 1 CAN BLACK BEANS
- 1 CAN OLIVES
- 1 CAN COCONUT MILK
- 1 JAR PICKLES
- _____
- _____

GRAINS

- 2 LOAFS WHOLE WHEAT BREAD
- FLOUR TORTILLAS
- 16 OZ LINGUINI OR THIN SPAGHETTI PASTA
- _____
- _____

FROZEN

- 1 PKG CHICKEN & STEAK FAJITA STRIPS
- FROZEN GRILLED CHICKEN (FOR SALADS)
- 1 PKG CHICKEN BREAST NUGGETS
- 1 PKG FRENCH FRIES
- 2 PKG CAULIFLOWER RICE

PANTRY

- 4 TBSP EXTRA VIRGIN OLIVE OIL
- 6 TSP GARLIC POWDER
- 6 TSP ONION POWDER
- 4 TBSP BASIL
- 4 TBSP OREGANO
- 1 TSP DRIED PARSLEY
- 1 TSP DRIED DILL
- 1 TSP CHIVES
- 2 TBSP ARROWROOT FLOUR
- 4 TBSP MINCED GARLIC
- 1 PKG ROASTED RAW ALMONDS
- 1 TSP ITALIAN SEASONING
- 1 CUP HOT SAUCE
- ½ CUP GHEE

