

WEEK 4

MEATS

- 2 LBS GROUND BEEF
- 8 PORK CHOPS
- 12 BRATS
- *1 PKG BACON* (POT BACON SOUP)
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- _____
- _____

DAIRY

- ½ GALLON MILK
- SPECIAL CHEESE
- 1 ½ DOZEN EGGS
- 1 (16 OZ) PKG SHREDDED CHEESE
- 2 OZ CRUMBLLED FETA CHEESE
- *SOUR CREAM* (POT BACON SOUP)
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- _____
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PRODUCE

- 2 PKG CHERRY TOMATOES
- 1 PKG ROMAINE LETTUCE
- 2 YELLOW ONION
- 2 CELERY STALKS
- 1 RED BELL PEPPER
- 2 ENGLISH CUCUMBERS
- 1 BUNCH SPRING/GREEN ONIONS
- 1 AVOCADO
- WATERMELON
- 6 RUSSET POTATOES
- 6 CLOVES GARLIC
- 4 PITTED DATES
- 1 PKG STRAWBERRIES
- 1 PKG BLUEBERRIES
- 1 PKG GRAPES
- 8-10 BANANAS
- 1 BAG APPLES
- *1 RED BELL PEPPER* (TUNA SALAD)
- *1 YELLOW BELL PEPPER* (TUNA SALAD)
- *6 PITTED DATES* (TUNA SALAD)
- *2 AVOCADOS* (TUNA SALAD)
- *1/4 CUP RED ONION* (ZOODLE SALAD)

- *4 ZUCCHINI* (ZOODLE SALAD)
- *5 LBS POTATOES* (POT BACON SOUP)
- *1 LARGE HEAD CAULIFLOWER* (CAULI SOUP)
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CANNED GOODS

- 1 CAN OLIVES
- 1 CAN DICED TOMATOES
- 1 CAN DICED TOMATOES W/GREEN CHILIES
- *3 CANS ALBACORE TUNA* (TUNA SALAD)
- *1 CAN OLIVES* (ZOODLE SALAD)
- *1 CAN COCONUT MILK* (P BAC/ G CAULI SOUP)
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GRAINS

- 1 LOAF WHOLE GRAIN BREAD
- FLOUR TORTILLAS
- TORTILLA CHIPS
- FRENCH BREAD
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- _____
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FROZEN

- 1 PKG DICED ROASTED CHICKEN
- GRILLED CHICKEN STRIPS (FOR SALADS)
- 1 PKG FROZEN CHICKEN BREAST NUGGETS
- 2 BAGS FROZEN CAULIFLOWER RICE
- 1 PKG TATER TOTS
- *1 PKG DICED ROASTED CHICKEN* (CH WILD RICE)
- *8 CUPS CHICKEN BROTH* (CH WILD RICE)
- *2 CUPS BEEF BROTH* (GOLDEN CAULI SOUP)
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- _____
- _____

WEEK 4

PANTRY

- 1 CUP EXTRA VIRGIN OLIVE OIL
- 8 TBSP APPLE CIDER VINEGAR
- 8 TBSP SPICY BROWN (OR DIJON) MUSTARD
- ¾ CUP SOY SAUCE
- 1 TBSP HOT SAUCE
- 1 TBSP MINCED GARLIC
- 1 TBSP CHILI POWDER
- 1 TSP CUMIN
- ¼ CUP PARSLEY FLAKES
- 1 TSP GARLIC POWDER
- 1 TSP ONION POWDER
- ½ TSP DRIED OREGANO
- 1 JAR APPLESAUCE
- 1 BOX BELGIAN WAFFLE MIX
- MAPLE SYRUP
- 1 CUP RAW CASHEWS
- 2 TSP CINNAMON
- 2 KOSHER DILL PICKLES
- SEA SALT & PEPPER
- *1 TSP DRIED DILL* (TUNA SALAD)
- *LIGHT ITALIAN DRESSING* (ZOODLE SALAD)
- *1 CUP WILD RICE* (CH WILD RICE)
- *1/4 C. GLUTEN FREE FLOUR* (CH WILD RICE)
- *3 TBSP CHIVES* (POT BACON SOUP)
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OTHER

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