

Rice, Cereal & Legumes

- ☐ Spaghetti Noodles 1 lb

Vegetables

- ☐ Baby spinach 6oz
- ☐ Bell peppers 3 units
- ☐ Caesar salad 1 unit
- ☐ Cilantro 4tbsp
- ☐ Coleslaw mix 2 bags
- ☐ Cucumber 1 small
- ☐ Ginger root 2 pieces (1 inch)
- ☐ Grape tomatoes 1 cup
- ☐ Green onions 1 bunch + 1 cup chopped
- ☐ Jalapeno peppers 2 units
- ☐ Mushrooms 8oz
- ☐ Red onion 1/2 cup
- ☐ Tortilla chips 1 bag

Canned Goods

- ☐ Baked beans 1 can
- ☐ Chicken broth 24 oz
- ☐ Salmon 2 cans

Meat

- ☐ Chicken breast (boneless, skinless) 3 lbs
- ☐ Ground turkey 1.5 lbs
- ☐ Steakums 1 pkg (16-24 ct)
- ☐ Whole chicken 3 lbs

Fruits

- ☐ Avocado 2 units
- ☐ Bananas 1 bunch

Snacks

- ☐ Honey 2 tbsp
- ☐ Peanuts 1 bag
- ☐ Pecan chips 1 cup
- ☐ Yellow cornmeal 3/4 cup

Miscellaneous

- ☐ Bird biscuit 1 unit
- ☐ Bird seed 1 unit
- ☐ Body wash 1 unit

Frozen Foods

- ☐ Ice cream 1 unit

Condiments & Spices

- ☐ Green enchilada sauce 28 oz
- ☐ Green salsa verde 16 oz
- ☐ Poultry seasoning 0.5 tsp
- ☐ Vegetable oil 1 quart

Dairy

- ☐ Butter 1.125 cups (250g)
- ☐ Cheddar or Pepperjack cheese 1 cup
- ☐ Cream cheese 8oz
- ☐ Creamer 1 container
- ☐ Eggs 4 units
- ☐ Monterey jack cheese 8oz
- ☐ Parmesan cheese 1 container
- ☐ Provolone cheese 10 slices
- ☐ Sour cream 8oz
- ☐ Yogurt 1 container

Beverages

- ☐ Apple juice 1/2 cup
- ☐ Beer 1.5 cups
- ☐ Lemonade 1 bottle

Seafood

- ☐ Feta cheese 0.5 cup
- ☐ Salmon fillet 1 pound