

Beverages

- Dry red wine ¼ cup

Dairy

- Milk 1 small carton

Fruits

- Lemon 1 each
- Lime 1 each
- Orange 1 each
- Pomegranate seeds 1 container

Rice, Cereal & Legumes

- Bomba or Arborio rice 2 cups
- Buckwheat soba noodles or brown rice noodles 8 oz
- Slivered almonds 1/2 cup

Canned Goods

- Artichoke hearts 1 cup
- Beef broth 1 small box
- Chickpeas 1 can (15 oz)
- Diced tomatoes 28 oz can
- Tomato sauce 15 oz
- Vegetable broth 2 box

Frozen Foods

- Edamame 1.5 cups
- Mixed flat green beans or lima beans 1 bag or can

Meat

- Chicken breast 1 lb
- Lean ground beef 0.75 lbs

Vegetables

- Broccoli 1 head
- Cauliflower 1 large head
- Cilantro 1 bunch
- Green bell pepper 1 pepper
- Habanero 1-2 peppers
- Jalapeño 1-2 peppers
- Parsley 1 bunch
- Red bell pepper 1 medium pepper
- Roma tomato 4 medium
- Russet potato 1 each
- Scallion 1 bunch
- Watermelon radish 1 bunch
- Yellow onion 3