Rice, Cereal & Legumes
- ◯ Black beans 30oz
- ◯ Egg noodles 24oz

Frozen Foods
- ◯ Peas 3 cups

Baking
- ◯ Whole wheat breadcrumbs ½ cup

Meat
- ◯ Chicken breast 16 units

Fruits
- ◯ Lemon juice 2 tablespoons

Seafood
- ◯ Tuna 20 oz (4 cans)

Vegetables
- ◯ Arugula 1 bunch
- ◯ Baby potatoes 2 lbs
- ◯ Broccoli 2 cups
- ◯ Fire roasted tomatoes 30 oz
- ◯ Frozen corn 2 cups
- ◯ Garlic 6 cloves
- ◯ Green onions 1 bunch
- ◯ Mild green chiles 8 oz
- ◯ Mushrooms 16 oz
- ◯ Onion 3 medium
- ◯ Red bell pepper 2 units
- ◯ Shallot 2 units

Canned Goods
- ◯ Chicken or vegetable broth 4 cups
- ◯ Pepperoncini 4 tablespoons

Condiments & Spices
- ◯ Dijon mustard 2 tbsp
- ◯ Fresh oregano 2 tbsp
- ◯ Tzatziki sauce 1 cup

Dairy
- ◯ Cheddar cheese 2 cups
- ◯ Feta cheese 12oz
- ◯ Mexican blend cheese 3 cups
- ◯ Milk 2 cups
- ◯ Parmesan cheese 1/4 cup

Snacks
- ◯ Tortilla chips 1 bag