

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