

Canned Goods

- Black bean corn salsa 1 jar
- Chicken broth 1 carton

Seafood

- Shrimp 1lb

Meat

- Ground turkey 1 pack
- Italian sausage 1 pack

Vegetables

- Jalapeno 1 unit
- Onion 2 units
- Red pepper 1 unit
- Red potatoes 1 bag
- Spinach 1 bag

Dairy

- Cheddar cheese 0.5 cup
- Parmesan 1 unit

Fruits

- Avocado 1 unit

Rice, Cereal & Legumes

- Mini penne pasta 4 cups
- Quinoa 2 cups