

Produce

- Head Romaine lettuce
- Pint grape tomatoes
- 1 cup Fresh Corn
- 2 California avocados
- 2 medium avocados
- fresh lime juice (3 Tbsp)
- Cilantro Bunch
- 2 heads of garlic
- 2/3 cup chopped fresh basil
- Lemon juice (4 Tbsp)
- 1/2 cup minced mushrooms
- 2 onion
- 1/4 cup sun-dried tomatoes
- Fresh Spinach
- Fresh Salsa
- 3 Ripe bananas
- Strawberries
- Other Fruit For Breakfast*

Dairy

- 1 cup Low-fat Shredded Cheddar Cheese
- 2 cups Plain Greek Yogurt
- 4 oz Queso Fresco or Feta cheese, crumbled
- 1 1/2 cups whole milk
- 2 tablespoons butter
- 2 ounces cream cheese
- 1 cup fresh Parmesan cheese
- 1/2 cup finely shredded Pecorino Romano cheese
- Eggs (2)

Aisle

- *light soy sauce (5 Tbsp)*
- *brown sugar (1 Cup)*
- *rice wine vinegar (3tbsp)*
- *sesame oil (2 Tbsp)*
- *olive oil (1 Cup)*
- *sesame oil (1/4 tsp)*
- *honey (1 Cup)*

- rice vinegar (3 Tbsp)
- chicken stock (1 1/2 cups)
- penne pasta (1/2 pound uncooked)
- *Brown Rice*
- 1 Can Black Beans
- 1 can sliced water chestnuts
- *ketchup (2 Tbsp)*
- 1 Can Green Chilis
- taco sauce (1/2 cup)
- 8 ounces dried bow tie and/or wagon wheel pasta
- *chili powder (1 tbsp)*
- *cumin (1 tsp)*
- Dijon mustard (1 Tbsp)
- Ground Flax Seed
- *Vanilla Extract*
- Old Fashioned Oats
- Walnuts

Most Recipes call for salt, pepper and olive oil

Meat

- 4 whole Boneless, Skinless Chicken Breasts
- 2 1/2 lbs boneless chop pork (pork roast or tenderloin)
- 6 slices bacon
- 1 pound lean ground turkey

Frozen

- Frozen Corn