





YOU NEED:

Baked Goods:

-  Whole-grain bread (1 large loaf plus 1 loaf)





Dairy:

- Parmesan cheese, grated (1/4 cup + 2 tablespoons) (optional)
- Cheddar cheese (1 pound)
-  Butter or nonhydrogenated margarine (1 teaspoon)
-  Eggs (8)
-  Milk (1/4 cup)


Meat and Alternatives:

- Ham, cooked bone in (9-pound)

Produce:

- Plum tomatoes (10)
- Red bell peppers (4)
- Green bell peppers (2)
- Yellow bell pepper (1)
- Zucchini (4)
- Russet potatoes (4)
- Sweet onions (2)
- Garlic (1 head)
- Celery (1 head)
- Broccoli (1 head)
- Snow peas (2 cups)
- Lime (1) or lime juice (2 tablespoons)
-  Avocado (1)
-  Mixed greens (10-ounce package)
-  Baby Carrots (1 pound)
-  Sweet potatoes (4)

Frozen Foods:


- Frozen corn niblets (4 1/2 cups)
- Frozen chopped spinach (10-ounce package)
-  Frozen green beans (3 cups)
- Chicken stock (10 cups)

CHECK YOUR PANTRY FOR:

Condiments and Dressings

- Honey mustard (1/4 cup)
- Pesto sauce (2 tablespoons)
- Salsa (16-ounce jar plus 2 ounces)
- Balsamic vinegar (1/4 cup)

Cooking Oils

- Olive oil (1 tablespoon)
-  Canola oil (1 tablespoon)

Pastas and Tomato Products

- Canned tomatoes (1 cup)

Canned Beans and Soup Broths:

- Black beans (19-ounce can)

Baking Products:

- Brown sugar (1/4 cup)

Spices and Seasonings:

- Dried oregano (1 teaspoon)
- Chile powder (1 tablespoon)
- Whole cloves (3 tablespoons)

Snack Foods:

- Low-fat tortilla chips (10-ounce package)

KEY:  denotes Second Supper or Grab & Go Lunch items