





YOU NEED:

Baked Goods:

- Whole-grain bread (1 loaf)
- Italian-seasoned bread crumbs (1 cup)
-  Whole wheat kaiser rolls (3)
-  Whole-grain bread (18–24 ounce package)
-  Roti or other flatbread (4 flatbreads)


Dairy:

- Eggs (4)
- Parmesan cheese, grated (1 cup)
- Butter (1½ teaspoons)
-  Low-fat yogurt (2 cups)


Meat and Alternatives:

- Lean ground beef (2 pounds)
- Pork tenderloins (three 12 to 16 ounce)
- Boneless skinless chicken breasts or thighs (1½ pounds)

Produce:



- Onion (1)
- Mixed greens (10-ounce package)
- Garlic (8 cloves)
- Red bell pepper (1)
- Yellow bell pepper (1)
- Carrots (2¼ pounds)
- Celery (2 heads)
- Fresh thyme (¼ cup)
- Oranges (2)
-  Green onions (1 bunch)

Frozen Foods:

- Frozen chopped spinach (two 10-ounce packages)
- Frozen corn (2 cups)
- Frozen peas (3 cups)
-  Frozen brussels sprouts (2 cups)
- Chicken stock (9 cups)

CHECK YOUR PANTRY FOR:


Condiments and Dressings:

- Barbecue sauce or ketchup (¼ cup)
- Salsa (2 cups)
- Soy sauce (1 tablespoon)
-  Hot sauce (1 small bottle)
-  Bacon bits (1 tablespoon)

Cooking Oils:

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

Pastas and Tomato Products:

-  Tomato sauce (two 18-ounce cans)

Canned Beans and Soup Broths:

- Mixed bean salad (19-ounce jar or can)

Spices and Seasonings:

- Poultry seasoning (7 teaspoons)
- Dried onion (3 tablespoons)
- Dried oregano (7 teaspoons)
- Garlic powder (7 teaspoons)
- Chile powder (4 teaspoons)
- Allspice (1 tablespoon)
- Ground cumin (1 teaspoon)
- Ground cinnamon (½ teaspoon)
- Grated nutmeg (½ teaspoon)

Grains:

- Long-grain brown rice (1½ cups)

Juices:

- Apple juice (2 single-serving juice boxes)

Dry Goods:

- Mini foil loaf pans (5)

KEY:  denotes Second Supper or Grab & Go Lunch items