



YOU NEED:**Baked goods:**

-  Rye bread (1 loaf)
- Crusty whole wheat bread (1 loaf)



Dairy:

- Butter (1 teaspoon)


Meat and Alternatives:

- Beef chuck roast (2 pounds)
- Skinless chicken drumsticks (18)
-  Ground chicken (1 pound)
- Ham bones—reserved from Week 1, or pork hock (1)


Produce:

- Red bell pepper (1)
- Kale (1 bunch)
- Celery (1 head)
- Coleslaw cabbage mix (16-ounce package)
- Mixed greens (10-ounce package)
- Dried ancho chile (1)
- Lemon juice (1 teaspoon)
- Onion (1)
- Broccoli (2 bunches)
- Green onions (3)
-  Fresh basil or mint (1 bunch)
- Leaf lettuce (3 leaves)
-  Gingerroot (2-inch knob)

Frozen Foods:

-  Green peas (1 cup)


CHECK YOUR PANTRY FOR:**Condiments and Dressings:**

- Low-sodium soy sauce ($\frac{1}{2}$ cup plus 1 tea spoon)
-  Hot mustard (2 teaspoons)

Cooking Oils:

- Canola oil (2 tablespoons)

Pastas and Tomato Products:

- Orzo ($\frac{1}{2}$ cup)
-  Rice vermicelli or spaghetti (3 cups)



Canned Beans and Soup Broths:

- Romano beans (19-ounce can)
- Chicken broth (4 cups)

Baking Products:

- Brown sugar ($\frac{1}{4}$ cup)

Spices and Seasonings:

- Five-spice powder (2 tablespoons)
- Dried basil (4 teaspoons)
- Ground cloves ($\frac{1}{4}$ teaspoon)
-  Chile powder (1 tablespoon)
-  Garlic powder (1 tablespoon)


Grains:

- Brown basmati rice ($1\frac{1}{2}$ cups)

Snack Foods:


- Rye crackers (1 package)

Juices:

-  Orange juice (4 single-serving boxes)

Beer and Wine:

- Beer 1 (12 ounce) bottle
- White wine (1 tablespoon)

KEY:  denotes Second Supper or Grab & Go Lunch items