




**YOU NEED:**



**Baked goods:**

- Whole wheat bread crumbs (4 cups)
- Whole wheat pita (4)
- Whole-grain bread (8 slices)

**Dairy:**

- Light cream cheese (1/2 cup)
- Mozzarella cheese, shredded (1 pound)
- Parmesan cheese, grated (1/2 cup)
-  White Cheddar and/or Swiss cheese (4 slices)
-  Butter (2 ounces)
-  Brie (5 ounces) (optional)

**Meat and Alternatives:**

- Bacon (4 slices)
- Boneless skinless chicken breasts (2 pounds)
- Vegetarian ground meat substitute (6- to 8-ounce package)
-  Smoked Turkey (4 slices)
-  Smoked Ham (4 slices)

**Produce:**



- Onions (2)
- English cucumbers (2)
- Avocados (2)
- Celery (1 head)
- Baby carrots (2 lb)
- Yellow bell peppers (2)
- Green Beans (4 cups)
- Baby spinach (8-ounce package)
- Mushrooms, sliced (6 ounces)

**Frozen Foods:**

- Frozen peas (2 cups)

**CHECK YOUR PANTRY FOR:**


**Condiments and Dressings:**

- Brown mustard (2 tablespoons)
- Cider vinegar (2 teaspoons)
- Plum sauce (1/4 cup)
-  Ketchup (1/4 cup)
-  Mango chutney (1/2 cup)
- Peanut butter (1 jar) (optional)



**Cooking Oils:**

- Canola oil (1/2 cup plus 1 teaspoon)
- Olive oil (2 teaspoons)

**Pastas and Tomato Products:**


- Spinach lasagna noodles (1 pound, about 8 noodles)
- Tomato sauce (19-ounce can and 24-ounce can)
- Salsa (18-ounce jar)
-  Tomato paste (5 ounces)
- Whole wheat penne (4 cups)

**Baking Products:**

- Light molasses (1/2 cup)
-  Apple pie filling (21-ounce can) (optional)
-  Pumpkin Pie Filling (15-ounce can) (optional)

**Spices and Seasonings:**

- Poultry seasoning (2 teaspoons)
- Dried basil (3 teaspoons)
- Dried oregano (4 teaspoons)
- White pepper (1 teaspoon)
- Garlic powder (1/2 teaspoon)
- Celery salt (2 teaspoons)
- Paprika (1 tablespoon)

**KEY:**  denotes Second Supper or Grab & Go Lunch items