

Produce

- Fruit for fruit salad
- Green onions, 2 bunches
- 6 oz. Bag baby spinach
- 2 limes
- 2 jalapenos
- 16 oz. Mixed baby greens
- Brussels sprouts
- English cucumber
- 2 medium tomatoes
- Finely shredded cabbage
- Cilantro (or dried)
- Lemons, 2
- Medium red potatoes , 4-8
- Additional veggies for side salad (optional)
- Celery
- 1 small onion
- 1 small bell pepper (optional)

Bread & Baked Goods

- 8 corn tortillas
- Sourdough bread (for shrimp boil and salmon salad)

Condiments, Dressings & Oils

- Thai fish sauce
- Ketchup
- Horseradish
- Yellow or brown mustard
- Olive oil
- Packet of Zesty Italian Dressing mix (if not making your own)
- Salad dressing for side salad (optional)

Meats

- ½" thick ham slices, 2
- 1 lb. Uncooked turkey or chicken sausage
- 1 lb. Salmon fillets
- 5 lb. Boneless, skinless chicken
- 2 lb. Shrimp (41-50 or 51-60 size, frozen is great)

Frozen

- Hashbrown potatoes
- Corn on the cob (or fresh)

Canned Foods, Soups & Mixes

- 12 oz. 2% evaporated milk
- 1 can petite diced tomatoes
- 2 cans chicken broth
- 1 can black beans
- 1 can diced green peppers
- small can enchilada sauce
- 2 cans reduced sodium cream of chicken soup
- 1 can cream of celery soup

Grains & Pasta

- 12 oz. Box wheat or veggie pasta
- 12 oz. Bag whole wheat egg noodles
- 12 oz. Cornbread stuffing mix

Dairy

- 8 oz. Shredded cheddar or Colby jack
- Eggs
- Grated parmesan
- 8 oz. Shredded Mexican cheese
- 8 oz. Sour cream
- Butter or margarine
- Reduced fat cream cheese
- 12 oz. Sour cream

Baking & Cooking

- Garlic powder
- Chili powder
- Brown sugar
- Ground cumin
- Ground coriander (optional)
- Shrimp boil
- Cayenne pepper (optional)
- Hot sauce (optional)
- Dried oregano
- Dried basil
- Dried dill
- Ground sage
- Ground thyme

Other Foods

- Mini marshmallows for fruit salad, very optional

