

# Week-One Shopping List

## Pantry

1.5 cups Flour  
baking powder  
salt  
sugar  
dried parsley  
dried basil  
black pepper  
Olive Oil  
8 cups vegetable or chicken broth (minestrone, sausage pasta)  
1 pound dried fusilli pasta  
2 pkgs Quinoa & Brown Rice – precooked from Seeds of Change, buy at Costco or other stores  
soy sauce  
honey  
sesame oil  
Sesame seeds (optional)  
1 pkg taco seasoning  
16-ounce jar salsa  
32-ounce box Pacific Brand Creamy Tomato Soup  
Mayo  
Italian Vinaigrette

## Bread

Dave's Killer Bread Hamburger Buns (burgers and tuna melts)  
1 pkg tortillas

## Refrigerator

3 cups milk  
13 egg  
3 tbsp butter  
4 cups shredded cheddar (egg bake, tacos, tuna melts)  
1 1/2 cup parmesan (broccoli salad, sausage pasta)  
1/3 cup crumbled feta  
1/2 cup plain yogurt ( salad dressing, tacos)  
1 1/2 tbsp butter  
4 slices cheddar  
8 string cheese  
8 Fage Greek Yogurt with Fruit  
1 container hummus or 8 individual hummus containers

## Fruit

1 melon  
2 tbsp lemon juice  
1/3 cup OJ or 2 oranges  
1" pc of ginger  
8 apples  
8 oranges

## Meat

1 pkg Applegate Chicken and Apple Breakfast Sausages  
1 pound sweet Italian turkey sausage  
1 pound Boar's Head Black Forest Ham (for salad, slice to your preference: thick for cubing or thin for slices)  
2 pounds boneless, skinless chicken thighs  
1 pound ground meat for burgers (bison, beef or turkey)  
1 1/2 pounds boneless, skinless chicken breast  
(2) 5-ounce cans chunk light tuna  
1 pound spicy Italian sausage  
1 bag Oberta Natural Beef Jerky

## Vegetables

### *Fresh*

3 onions  
8-ounces mushrooms  
Garlic  
1 green bell pepper  
1 red bell pepper  
6 plum tomatoes (egg bake, burgers, salad, tuna melts)  
8-ounces green onion  
1 small savoy cabbage (1 cup)  
8-ounces broccoli crowns  
2 1/2 pounds baking potatoes  
1 box mixed greens  
Avocado  
1 shallot  
1 bag baby carrots

### *Frozen*

2 cups frozen shredded has browns  
1 bag Asian Vegetables  
10 ounce package frozen chopped spinach

### *Canned*

Tomato paste  
28-ounce can diced tomatoes  
14.5-ounce can diced tomatoes  
15-ounce can chickpeas (1/2 can for soup and 1/2 for the salad)  
15-ounce can white beans