

Shopping List

Pantry

1 1/2 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
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 1/4 cup parmesan (broccoli salad, sausage pasta)
1/3 cup crumbled feta
1/4 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

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 can chunk light tuna
1 pound spicy Italian sausage
1 bag Oberta Natural Beef Jerky

Fruit

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

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