

DAIRY	MEAT & PROTEIN	PRODUCE	CONDIMENTS & CANNED GOODS	BREADS & GRAINS
eggs 2 dozen	Rotisserie Chicken	Bananas	salt	Oatmeal
milk or almond milk	almonds	2 C chopped veggies (mushrooms, peppers & green onion) + foil dinner veggies (mushrooms, bell pepper) + veggies for pizzas	baking powder	quinoa
Greek Yogurt	pistachios	salsa	salt	whole wheat pitas
Cottage Cheese	hummus	1 green apple + 3 red apples	pepper	Rice Cakes
butter	Boneless skinless Chicken Breasts	grapes	vanilla	Ezekiel Bread
shredded cheddar cheese	Peanut OR Nut Butter	fresh tarragon	brown sugar	popcorn
feta cheese	cashews	Romaine lettuce	Dijon Mustard	whole wheat OR corn tortillas
mozzarella cheese	PB2	Tomatoes	honey	whole wheat buns (Optional to eat turkey burger w/o bun)
	1.5 lbs Meat for foil dinners	Veggies (for hummus)	rice vinegar	
	Turkey burgers	Sweet Potatoes &/or sweet potato fries	olive oil	
	Protein powder or shakeology	Broccoli	sugar	
		garlic cloves	onion powder	
		2 oranges	paprika	
		2 lemons	Italian seasoning	
		5 onions	thyme	
		Fruit for breakfast	red pepper flakes	
		dried fruit	rosemary	
		strawberries	almond extract	
		3 peppers (fajitas)	mini chocolate chips (optional)	
		limes or lime juice	chicken broth	
		avocados	cumin	
		asparagus	chili powder	
		zucchini	whole wheat flour or rice flour	
		potatoes (foil dinner)	dry mustard	
		jalepeno (optional for foil dinner)	parsley	
			red wine vinegar	
			foil	
			organic pizza sauce	