









 **Produce**

lemon (2)	*
 sold by ea.	
lime (2)	5
mango (1)	5
<i>coleslaw mix (1 package)</i>	5
<i>lettuce (1 head)</i>	1
<i>broccoli (1 lb)</i>	4
red pepper (or orange or yellow) (2)	5
<i>sugar snap peas (1 lb)</i>	3
<i>grape tomatoes (or cherry) (3 cups)</i>	2
 Village Farms (Mini San Marzano 1.5 lb)	
<i>tomato (1)</i>	1
mushrooms (16 oz)	*
 whole white (12 oz pkg)	
cucumber (3)	*
 sold by ea.	
onion (1)	2
shallot (1)	5
garlic (1 bulb)	*
<i>zucchini (2)</i>	1
 sold by lb.	
avocado (3)	1
fresh cilantro (1 bunch)	1
fresh parsley (1 bunch, optional)	
fresh parsley (1 bunch)	*


 **Seafood**

fresh fish fillets, any choice (2 lbs)	3
 Cod	



 **Meat/Poultry**

lean ground beef (1 lb)	2
 85% lean, Verde Organic (93% lean grass fed 1 lb pkg)	
boneless pork chops (2 lbs)	4
ground turkey, 93% lean (1 lb)	1
 Shady Brook Farms (93% lean 20.8 oz pkg)	

 **Grocery**

canned black beans, low sodium (15 oz)	5
egg noodles (13 oz)	2
<i>couscous (9 oz)</i>	4
<i>rice (1 cup)</i>	3
quinoa (9 oz)	5
beef broth, low sodium (2 cups)	2
mild salsa (6 oz)	1
 refrigerated (Mitchell's 15 oz, Willy's 16 oz)	
pesto sauce (1/4 cup)	3

 **Dairy**

plain greek yogurt, low fat (6 oz)	1
low fat sour cream (8 oz)	2
 Hood (16 oz)	
shredded parmesan cheese (2 oz)	3
feta cheese (2 oz, optional)	5
 Athenos (12 oz crumbles)	

 **Frozen Foods**
 **Staples**

butter (unsalted) (2 tbs)	2
flour (6 tbs)	*
<i>rice vinegar (1 1/2 tbs)</i>	2
<i>garlic powder (1/4 tsp)</i>	2
olive oil (11 1/2 tbs)	*
worcestershire sauce (3 tsp)	2
water (1 1/2)	4
<i>dried oregano (1/4 tsp)</i>	2
ground cumin (1 tsp)	5
paprika (1/2)	4

 **Other Stuff**