**PRODUCE**

Green Beans
¼ cup fresh lime juice (2 limes)
¼ cup fresh lemon juice (2 lemons)
1 head minced garlic (i get the jar stuff!)
lettuce (for tacos and burgers)
2 tomatoes (for tacos nd burgers)
1.5 Tablespoons chopped ORGANIC fresh sage
1.5 Tablespoons chopped fresh ORGANIC thyme
1 bag ORGANIC potatoes
2 large bags of organic baby Spinach
10 large ripe Bananas
4 one quart packs of Strawberries
10 cups of Blueberries, fresh or frozen (put them on your frozen list if needed)
2 pineapples (yes, you will have to cut these into cubes!)

**DAIRY**

4 cups egg beaters or 16 eggs
½ gallon OJ (for marinade and smoothies)
8 oz organic non-fat plain greek yogurt (for tacos)
16 oz organic non-fat vanilla greek yogurt for smoothies
4 cups shredded cheddar cheese (i use weight watchers)

**MEATS**

14 (at least) boneless skinless organic chicken breasts
5 lbs (at least) organic grass fed ground beef
4 large pork tenderloins (6 lbs total at least) could use shoulder or picnic
5 lb boneless skinless turkey breast OR 5 lbs ground turkey BREAST

Popsicle Mold
Plastic Baggies (quart and gallon size zipper)

**DRY ITEMS**

2 packs plus ingredients for marinade. I use italian dressing dry packet with oil and vinegar.
Organic Short Grain Brown Rice
3 cups bread crumbs
2 T Garlic Powder
2 T Italian Seasonings
¼ t dried cumin
1 T dried oregano
1 Tablespoon Salt
1 Tablespoons Garlic Powder
½ Tablespoon Nutmeg
½ Tablespoon Cayenne Pepper (optional, i did not use this but some people like their sausage spicy)
2/3 cup canned organic pumpkin
1 teaspoon ground cinnamon
½ teaspoon ground ginger
Vanilla Extract
2 cups brown sugar
½ cup grated parmesan cheese
2 t Worcestershire Sauce
½ packet onion soup mix
soft taco shells
salsa
1 packet hidden valley ranch salad dry dressing mix
burger fixings (ketchup, pickles, mustard, etc)
1 can pineapple chunks, in juice
1 can coconut milk
3 packets Stevia sweetener
2 cups quick oats
I added 1 T toasted wheat germ and ground flax seed (optional)
4 cups of your favorite buttermilk pancake mix
Nonstick vegetable spray
Vegetable Oil
Syrup
2 Boxes Blueberry Muffin Mix
2 Boxes Raspberry Muffin Mix (or other flavor you like)
1 Loaf French Toast Bread
burger buns