

## **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 and 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