

PRODUCE

- ☐ 1 ½ c Blueberries
- ☐ 8 cups Mixed Berries of your choice
- ☐ 2 Lemons
- ☐ 2 Limes
- ☐ 8 Oranges
- ☐ 4 Apples
- ☐ 1 medium Cantaloupe
- ☐ 2 Green Onions
- ☐ 2 small + 1 large Red Onion
- ☐ 1 Shallot
- ☐ 1 heart Celery
- ☐ 3 pk Romaine Hearts
- ☐ 1 lb Broccoli (fresh or frozen, to steam)
- ☐ 1 small bag Baby Carrots
- ☐ 3 Mini Cucumbers
- ☐ 5 Bell Peppers (red/yellow/orange)
- ☐ 3-4 Roma Tomatoes (1 cup chopped)
- ☐ ½ pint Cherry Tomatoes (could use other ½ for salads)
- ☐ Fresh Dill (or Dried Dill Weed & use ⅓ what it calls for)
- ☐ Fresh Basil
- ☐ 1 bunch Cilantro
- ☐ 1 bunch Parsley
- ☐ 1 lb Baby Potatoes (bite size medley or small red)
- ☐ 3 small Sweet Potatoes + 3 lb bag
- ☐ 16 oz Sliced Mushrooms
- ☐ Need to add: 4 cups chopped veggies of your choice (ideas: the other ½ pint of tomatoes, a 6th bell pepper, some of the baby carrots, & a bag on mini cukes instead of just 3)

COOLER

- ☐ 3x 5.3 oz Greek Vanilla Yogurt
- ☐ 5 c Milk
- ☐ ½ c Butter, unsalted
- ☐ 12 Eggs
- ☐ 4 oz Feta, crumbled
- ☐ Parmesan to grate (optional)
- ☐ ½ c Shredded Mozzarella
- ☐ 4 slices Mozzarella Cheese
- ☐ 12 oz Pizza Dough
- ☐ Hummus

FROZEN

- ☐ ⅔ c Blueberries
- ☐ Vanilla Ice Cream

MEAT & SEAFOOD

- ☐ 1 lb Salmon (all one piece is best; filets will work)
- ☐ 1.5 lb Chicken Breast (boneless/skinless)
- ☐ 2 large Chicken Breast (boneless/skinless)
- ☐ 2.5 lb Chicken Thighs (boneless/skinless)

PANTRY

- ☐ 24 Whole Grain Crackers
- ☐ 8 small Tortillas
- ☐ 6 Mini Naan
- ☐ 8 oz Spaghetti (or pasta of choice)
- ☐ ¾ c Almonds
- ☐ 10 T Chopped Pecans
- ☐ 1 ¾ c Old-Fashioned Rolled Oats
- ☐ 2 T Whole Wheat Flour (or All Purpose)
- ☐ ⅓ c All Purpose Flour
- ☐ 2 ½ T Cornstarch
- ☐ 3 T White Sugar
- ☐ 5 T Brown Sugar
- ☐ 1 c Pumpkin Puree
- ☐ 1 ½ T Honey
- ☐ ½ c Mayo
- ☐ Yellow Mustard
- ☐ ⅓ c Marinara
- ☐ 18 T Olive Oil
- ☐ Balsamic Glaze
- ☐ 1 can Sliced Peaches
- ☐ Sun-dried Tomatoes
- ☐ 14 t Minced Garlic (or 14 Cloves)
- ☐ ¼ c Bourbon

SPICE CABINET

- ☐ Cayenne Powder
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Crushed Red Pepper Flakes
- ☐ Cumin Powder
- ☐ Garlic Powder
- ☐ Italian Seasoning
- ☐ Onion Powder
- ☐ Paprika
- ☐ 2 tsp Pumpkin Pie Spice (can [make your own](#) if needed)
- ☐ Salt
- ☐ Smoked Paprika