

Week Three

| Amount | Item | Amount | Item | Amount | Item |
|--|---|---|--------------------------|--|--|
| <u>BEVERAGES</u> | | <u>CANS/JARS/BOTTLES</u> | | <u>MISCELLANEOUS</u> | |
| <u>4 oz</u> | Orange juice | <u>3 tbsp</u> | Greek or Caesar dressing | <u>2 tbsp</u> , <u>1 tsp</u> | Chili paste |
| | | <u>4 oz</u> | Orange marmalade | <u>¼ cup</u> | Light corn syrup |
| | | <u>16 oz</u> | Chicken broth | <u>3 tbsp</u> | White wine vinegar |
| | | <u>15 oz</u> | Tomato sauce | <u>8 oz</u> | Dark chocolate chips or dark chocolate sauce |
| <u>MEATS/FISH/ POULTRY/PORK</u> | | <u>FROZEN</u> | | <u>NUTS/CONDIMENTS/ MARINADES</u> | |
| <u>8</u> | Boneless chicken breasts | <u>1 qt</u> , <u>1 qt</u> | Vanilla ice cream | <u>2 oz</u> | Soy sauce |
| <u>1 lb</u> | Flank steak | <u>4 oz</u> | Whipped topping | <u>8 oz</u> | Walnuts, chopped |
| <u>½ lb</u> | Smoked turkey (cubed) | <u>8 oz</u> | Raspberries (or fresh) | <u>2 tsp</u> | Toasted Sesame oil |
| <u>4</u> | 6 oz salmon fillets, boned & skinned | <u>8 oz</u> | Blackberries (or fresh) | <u>¼ cup</u> | Sesame seeds |
| <u>4 slices</u> | Bacon | <u>8 oz</u> | Orange juice concentrate | | |
| <u>1 lb</u> | Lean ground beef | | | | |
| <u>DAIRY</u> | | <u>BREAD/PASTA/ CRACKERS</u> | | <u>PRODUCE</u> | |
| <u>1 stick</u> | Butter | <u>1 cup</u> | Rice | <u>8 oz</u> | Asparagus |
| <u>4oz</u> , <u>2oz</u> | Parmesan, grated | <u>10 oz</u> | Macaroni, dry | <u>2 oz</u> | Basil |
| <u>4 oz</u> | Feta, crumbled | <u>12</u> | Breadsticks | <u>8 oz</u> | Carrots, baby |
| <u>4 oz</u> | Heavy cream | <u>1 loaf</u> | Hearty bread | <u>4 oz</u> | Carrots, shredded |
| <u>4 oz</u> | Mozzarella, shredded | | | <u>½</u> , <u>½</u> | Cilantro, bunch |
| <u>16 oz</u> | French bread dough or pizza dough | | | <u>1 bunch</u> | Grapes |
| | | | | <u>12</u> , <u>6</u> , | Green onions |
| | | | | <u>1</u> , | Green peppers |
| | | | | <u>1 to 2</u> | Melon (favorite) |
| | | | | <u>4</u> | Mushrooms |
| | | | | <u>1</u> | Onion |
| | | | | <u>1 meal</u> | Raw vegetable tray |
| | | | | <u>1</u> | Red onion |
| | | | | <u>1</u> | Red pepper |
| | | | | <u>4</u> | Red potatoes |
| | | | | <u>4 oz</u> , <u>4 oz</u> | Snow peas |
| | | | | <u>1</u> , <u>1</u> , <u>4</u> | Tomato |
| | | | | <u>1 meal</u> | Tossed salad |
| | | | | <u>2 oz</u> | Spinach leaves |