

Week Four

Amount	Item	Amount	Item	Amount	Item
<u>BEVERAGES</u>		<u>CANS/JARS/BOTTLES</u>		<u>MISC.</u>	
<u>2 tbsp</u>	Limejuice	<u>8 oz</u>	Caesar dressing	<u>1 box</u>	Toothpicks
<u>16 oz</u>	Unsweetened pineapple juice	<u>28 oz can</u>	Baked beans	<u>4</u>	Metal skewers
				<u>1 tsp</u>	Creole seasoning
<u>MEATS/FISH/POULTRY/PORK</u>		<u>FROZEN</u>		<u>NUTS/CONDIMENTS/MARINADES</u>	
<u>1 lb</u>	Sirloin			<u>2tbsp, 1tbsp</u>	Soy sauce
<u>1 ½ lbs</u>	Shrimp-peeled & deveined			<u>4 oz,</u>	White wine vinegar
<u>4</u>	Boneless chicken breasts			<u>1 tbsp</u>	Toasted sesame oil
<u>8 oz</u>	Spicy Italian sausage			<u>3 tbsp</u>	Maple syrup
<u>1 lb (4 pieces)</u>	Thinly sliced steak (round, breakfast or eye steaks)			<u>3 tbsp</u>	Honey
<u>8 slices</u>	Bacon				
<u>DAIRY</u>		<u>BREAD/PASTA</u>		<u>PRODUCE</u>	
<u>4 oz, 1 oz</u>	Parmesan, grated	<u>1 loaf</u>	French bread	<u>4</u>	Apples
<u>4 oz</u>	Cheddar cheese*	<u>8 oz</u>	Croutons	<u>1</u>	Avocado
<u>4 oz</u>	Monterey jack cheese*	<u>16 oz</u>	Chips	<u>4</u>	Bananas
<u>4 oz</u>	Favorite sliced cheese	<u>8 slices</u>	Whole wheat bread	<u>1 pint</u>	Blueberries
<u>1 stick</u>	Butter			<u>½ head</u>	Cabbage, shredded
<u>16 oz</u>	Vanilla yogurt			<u>2, 2</u>	Carrots
				<u>½,</u>	Cilantro bunch
	* or favorite			<u>1 bunch</u>	Grapes
				<u>1 lb</u>	Green beans
				<u>12</u>	Green onions
				<u>1 or 2</u>	Melons
				<u>1 bunch</u>	Mint
				<u>1, 1</u>	Onion
				<u>4</u>	Oranges
				<u>1 bunch</u>	Parsley
				<u>4,</u>	Potatoes
				<u>1 meal</u>	Raw vegetable tray
				<u>1</u>	Red onion
				<u>4, 4</u>	Romaine hearts
				<u>1, 1</u>	Strawberries pints
				<u>1, 2, 2, 1</u>	Tomato
				<u>1 meal</u>	Tossed salad
				<u>3</u>	Zucchini