

Week Three

Amount	Item	Amount	Item	Amount	Item
<b><u>BEVERAGES</u></b>		<b><u>CANS/JARS/BOTTLES</u></b>		<b><u>MISCELLANEOUS</u></b>	
<u>12 oz</u>	Dry red wine (non-alcoholic ok)	<u>¼ cup</u>	Tomato paste		
<u>10 oz</u>	White grape juice	<u>2 oz can</u>	Anchovies (opt)		
<u>1 qt</u>	Orange juice	<u>16 oz bottle</u>	Barbeque sauce		
<u>1 qt</u>	Lemonade	<u>8 oz</u>	Chicken broth		
<b><u>MEATS/FISH/POULTRY/PORK</u></b>		<b><u>FROZEN</u></b>		<b><u>NUTS/CONDIMENTS/MARINADES</u></b>	
<u>8 slices</u>	Bacon	<u>8 oz</u>	Diced carrots	<u>2 oz</u>	Walnuts, chopped
<u>1 lb</u>	Sirloin	<u>8 oz</u>	Sweet peas	<u>1 tsp</u>	Soy sauce
<u>4</u>	6 oz salmon fillets (boned & skinned)	<u>10 oz</u>	Spinach	<u>2 tbsp</u>	White wine vinegar
<u>1 lb</u>	Lean ground beef				
<u>1 ½ to 2 lbs</u>	'Pick of the Chick" (2 boneless breasts and 4 boneless thighs)				
<b><u>DAIRY</u></b>		<b><u>BREAD/PASTA</u></b>		<b><u>PRODUCE</u></b>	
<u>1 stick</u>	Butter	<u>1 loaf</u>	French or Italian bread	<u>4</u>	Apples
<u>4</u>	Eggs	<u>1 cup, 1 cup</u>	Rice	<u>1/2</u>	Cantaloupe
<u>8 oz</u>	Milk	<u>¾ cup</u>	Barley	<u>1 bunch</u>	Celery
<u>4 oz</u>	Feta cheese	<u>8 small</u>	Rolls	<u>½, ½</u>	Grapes, bunch
<u>2 oz</u>	Parmesan, grated	<u>1 round loaf</u>	Rye bread	<u>1</u>	Green bell pepper
<u>2 oz</u>	Monterey jack, grated			<u>½</u>	Green leaf lettuce, head
<u>4 oz</u>	Sour cream			<u>4, 6, 6</u>	Green onions
				<u>2, 3</u>	Lemons
				<u>1 bunch</u>	Mint
				<u>1, ½</u>	Onion
				<u>½, ½</u>	Raspberries or strawberries pint
				<u>1 meal</u>	Raw vegetable tray
				<u>3</u>	Roma tomatoes
				<u>1 head</u>	Romaine lettuce
				<u>1, ½</u>	Red onion
				<u>1 pint</u>	Strawberries
				<u>1, 2</u>	Tomato
				<u>1 meal</u>	Tossed salad
				<u>2</u>	Yellow squash
				<u>2</u>	Zucchini
				<u>18 oz pkg</u>	Vegetable dip