

Week Two

Amount	Item	Amount	Item	Amount	Item
<u>BEVERAGES</u>		<u>CANS/JARS/BOTTLES</u>		<u>MISCELLANEOUS</u>	
<u>8 oz</u>	White wine-non-alcoholic ok	<u>8 oz</u>	Italian dressing	<u>1 box</u>	Toothpicks
<u>8 oz</u>	Orange juice	<u>8 oz</u>	Caesar or Italian dressing	<u>1 tsp</u>	Ground Curry
		<u>8 oz</u>	Red wine vinaigrette Dressing		
		<u>2 oz</u>	Sliced black olives (opt)		
		<u>2 oz</u>	Black olives, whole		
		<u>6 oz jar</u>	Marinated artichoke hearts		
<u>MEATS/FISH/POULTRY/PORK</u>		<u>FROZEN</u>		<u>NUTS/CONDIMENTS/MARINADES</u>	
<u>4</u>	Boneless chicken breasts	<u>1 pint</u>	Lime sherbet	<u>2 oz</u>	Soy sauce
<u>2</u>	Bacon slices	<u>4 count</u>	Ice cream Drumsticks		
<u>1 lb</u>	Lean ground beef or turkey				
<u>1 lb</u>	Ground turkey or lamb				
<u>1 lb</u>	Sirloin				
<u>DAIRY</u>		<u>BREAD/PASTA/CRACKERS</u>		<u>PRODUCE*</u>	
<u>6 oz</u>	Shredded cheddar or pepper jack	<u>10 count</u>	Flour tortillas, taco size	<u>3</u>	Avocados (opt)
<u>4 oz</u>	Sour cream (opt)	<u>1 loaf</u>	Hearty bread	<u>2</u>	Bananas
<u>2 oz</u>	Grated parmesan	<u>10 oz</u>	Rotini pasta (spiral)	<u>1, 1</u>	Basil
<u>3 tbs</u>	Plain yogurt	<u>1 loaf</u>	Italian bread	<u>16 oz</u>	Broccoli crowns
<u>8 oz</u>	Vanilla yogurt	<u>12 oz</u>	Chips	<u>8 oz</u>	Cherries
<u>8 oz</u>	Strawberry yogurt	<u>4 count</u>	Pita bread	<u>1 bunch</u>	Chives
				<u>1 bunch</u>	Cilantro
				<u>4 ears</u>	Corn
				<u>1 small</u>	Eggplant
				<u>1 bunch</u>	Grapes
				<u>6, 4, 3,</u>	Green onions
				<u>2 to 4</u>	Jalapenos
				<u>1</u>	Mango
				<u>4</u>	Mushrooms
				<u>4 large</u>	Peaches
				<u>1, 1**</u>	Pineapple**
				<u>1 pint</u>	Raspberries
				<u>1</u>	Red bell pepper
				<u>1 head</u>	Red leaf lettuce
				<u>1</u>	Red onion
				<u>6, 4,</u>	Small Red potatoes
				<u>1, 1</u>	Strawberry pints
				<u>4</u>	Tomatoes
				<u>10 to 12</u>	Tomatoes, cherry or grape
				<u>2</u>	Tomatoes, Roma
			<u>PRODUCE* (cont...)</u>		
			<u>1</u> Watermelon, small		
			<u>1</u> Yellow bell pepper		
			<u>2</u> Yellow summer squash		
			<u>2</u> Zucchini		
			<u>16 oz</u> Vegetable dip (opt)		

** you may only need 1 pineapple depending on size. Store any pineapple leftover from Tuesday in an airtight container in the refrigerator to use on Friday.