

Week Two

Amount	Item	Amount	Item	Amount	Item
<u>BEVERAGES</u>		<u>CANS/JARS/BOTTLES</u>		<u>MISCELLANEOUS</u>	
4 oz	Wine (red, white, non-alcoholic is fine)	<u>2 oz</u> , <u>8 oz</u>	Chicken Broth	<u>4 oz</u>	Chocolate Bars
		<u>15 oz</u>	Red Kidney Beans	<u>8 oz</u>	Graham Crackers
		<u>14 oz</u>	Diced Tomatoes	<u>10 oz</u>	Marshmallows
		<u>16 oz</u>	BBQ Sauce	<u>1 tbsp</u>	Cajun Creole spice
				<u>4</u>	Cinnamon Sticks
<u>MEATS/FISH/POULTRY/PORK</u>		<u>FROZEN</u>		<u>NUTS/CONDIMENTS/MARINADES</u>	
<u>4</u>	Boneless Chicken Breasts	<u>4 oz</u> , <u>4 oz</u>	Whipped Cream Topping	<u>4 oz</u>	Teriyaki Sauce
<u>1 ½ lbs</u>	Sirloin or London broil	<u>1 lb</u>	Green beans (or fresh)	<u>4 oz</u>	Walnuts
<u>4 links</u>	Italian or Andouille Sausage			<u>1 tbsp</u>	Sesame Seeds (Toasted)
<u>1 lb</u>	Shrimp, shelled				
<u>1 lb</u>	Chuck Roast, boneless				
<u>DAIRY</u>		<u>BREAD/PASTA</u>		<u>PRODUCE</u>	
<u>2 sticks</u>	Butter	<u>2 cups</u>	Italian Bread Crumbs	<u>2</u> , <u>4</u>	Apples
<u>2</u> , <u>1</u> , <u>2</u>	Eggs	<u>1 cup</u>	Rice	<u>8 oz</u>	Blueberries (or frozen)
<u>2 cups</u>	Milk	<u>9 oz</u>	Fresh Linguini	<u>16 oz</u>	Broccoli crowns
<u>4 oz</u>	Feta Cheese	<u>4</u>	Kaiser Rolls	<u>1</u> , <u>2</u>	Celery Stalks
<u>8 oz</u>	Cream Cheese			<u>4</u> , <u>6</u>	Green onions
<u>2 oz</u>	Heavy Cream			<u>1</u> , <u>1</u>	Green pepper
				<u>4</u>	Pears (or canned)
				<u>6</u> , <u>4</u>	Potatoes
				<u>1</u> , <u>1</u>	Onions
				<u>8 oz</u>	Raspberries (or frozen)
				<u>1</u>	Red pepper
				<u>1</u>	Summer yellow squash
				<u>4</u>	Tomatoes
				<u>1</u>	Vegetables for 1 tray
				<u>1</u> , <u>2</u>	Zucchini