

Week One

Amount	Item	Amount	Item	Amount	Item
	<u>BEVERAGES</u>		<u>CANS/JARS/BOTTLES</u>		<u>MISC.</u>
		<u>8 oz</u>	Corn	<u>1 Pkg</u>	Taco Seasoning
		<u>8 oz</u>	Creamed corn	<u>8 oz</u>	Oreo-style cookies
		<u>8 oz jar</u>	Salsa (or fresh)	<u>1 tbsp</u>	Cajun Spice
		<u>8 oz</u>	Ranch Dressing	<u>1 cup</u>	Cornmeal
		<u>6 oz</u>	Chocolate Topping	<u>2 tbsp</u>	Chili powder
		<u>2oz</u>	Black Olives,sliced	<u>12</u>	Paper Muffin Cups
		<u>11 oz</u>	Mandarin Orange		
		<u>14 oz can</u>	Red Kidney beans		
		<u>15 oz can</u>	Diced tomatoes		
	<u>MEATS/FISH/ POULTRY/PORK</u>		<u>FROZEN</u>		<u>NUTS/CONDIMENTS/ MARINADES</u>
<u>4, 1</u>	Boneless Chicken Breasts	<u>4 oz, 4 oz</u>	Whipped cream Topping	<u>4 oz</u>	Pecan (opt)
<u>2</u>	Boneless Chicken thighs	<u>1 qt</u>	Mint Chocolate Chip Ice Cream		
<u>1 lb, 1 lb</u>	Lean Ground Beef	<u>8 oz</u>	Strawberries, sliced		
<u>2</u>	Bacon Strips	<u>8 oz</u>	Raspberries		
<u>8 oz</u>	Shrimp, deveined				
<u>2-3 lbs</u>	Chuck Roast (less if boneless)				
<u>¼ lb</u>	Smoked Sausage Links				
	<u>DAIRY</u>		<u>BREAD/PASTA</u>		<u>PRODUCE</u>
<u>1 stick</u>	Butter	<u>1, 1</u>	Rice, cups	<u>1, 1</u>	Avocado
<u>4 oz</u>	Shredded mozzarella	<u>8 oz</u>	Tortilla chips	<u>4</u>	Apples
<u>8 oz</u>	Shredded Cheddar	<u>8 oz</u>	Granola (opt)	<u>1 lbs</u>	Baby Carrots
<u>8oz, 6oz</u>	Milk	<u>12 oz</u>	Elbow Macaroni	<u>4 oz</u>	Cherries
<u>1</u>	Egg			<u>1, 1</u>	Green pepper
				<u>1 lb</u>	Green Beans*
				<u>6, 4, 6</u>	Green Onions
				<u>1 head</u>	Iceburg lettuce (or buy 16 oz pre-shredded)
				<u>1, 1</u>	Onion
				<u>22 oz</u>	Pineapple, sliced (or canned)
				<u>6</u>	Potatoes
				<u>1</u>	Red Onion
				<u>2 lbs</u>	Roma Tomato
				<u>1</u>	Tomato
				<u>1</u>	Tossed Salad
					Ingredients for 1 meal
				<u>1</u>	Vegetables for 1 tray

* you can substitute frozen, but for this recipe, fresh works best. Use knife or scissors to snip ends off a handful of beans at a time to cut down on prep time...or have the kids snap off the ends while you prep other items.