

Fruit

- 5 bananas
- 6 cups watermelon
- 2 apples
- 1 orange
- 2 cups red grapes
- 4 peaches
- 1 cup strawberries
- 2 cups blueberries
- 3 medium oranges
- 1 grapefruit
- 1 lime
- 2 mangoes

Vegetables

- 2 cups shredded red cabbage
- 1 carrot
- 1 zucchini
- 1 red or green pepper
- 1 serrano pepper
- 1 tomato
- 2 cups halved cherry tomatoes
- 2 bunches green onions
- 2 eggplants
- 8 Portobello caps
- 1 avocado
- 2 sweet potatoes
- 2 red onions
- 1 yellow onion
- 5 oz baby spinach
- 4 cups romaine lettuce
- Eat Smart Asian Sesame Salad Bowl
- Dole Sweet Kale Chopped Salad Mix

Dairy

- Skim milk
- 4 Oikos Triple Zero Yogurt
- Small container of fat-free cottage cheese
- 15-16 oz container ricotta cheese
- Shredded sharp cheddar
- Shredded mozzarella
- Shredded Monterey Jack
- ½ cup fresh mozzarella pearls
- Small container of light sour cream

Frozen

- Luvo brand Roasted Cauliflower Mac and Cheese meal
- Eating Well Gnocchi and Garden Vegetables meal
- El Monterey Simply Breakfast Egg, Turkey Sausage, and Cheese Breakfast Burrito
- Green Giant Steamers Antioxidant Blend Vegetables
- Halo Top Ice Cream

Grains

- Whole grain English muffins
- Whole wheat sandwich slims
- 4 large (8-10") whole-wheat wraps
- 4 small (6") white corn tortillas

Refrigerated

- 1 Sabra Classic Hummus Snack Pack
- 2 Sweet Earth Natural Foods Vegan Santa Fe Veggie Burgers

Poultry and Fish

- Tyson Grilled and Ready Oven Roasted Diced Chicken Breast
- 1 ½ - 2 pounds bone-in chicken thighs
- 4 (4 ounce) skinless salmon fillets

Center of the Store

- Almond Butter
- Belvita Cinnamon Brown Sugar Mini Breakfast Biscuits (small size; 130 calorie)
- Kashi Organic Berry Fruitful Whole Wheat Biscuits cereal
- Nature's Bakery Fig Bars
- Emerald Natural Almonds and Walnuts 100-calorie Snack Packs
- ¼ cup chopped peanuts or cashews
- Instant brown rice
- 15 Whole wheat lasagna noodles
- Canned chipotle chile in adobo sauce
- 1 can white beans
- 28 oz crushed tomato
- 28 oz diced tomato
- 15 oz canned lentils (or 1 ½ cups cooked)
- ¼ cup salsa
- 1/3 cup red jalapeno jelly

Also...

Red wine, if you'd like

Check Your Pantry:

1 tablespoon canola oil
5 tablespoons extra-virgin olive oil
2 teaspoons vegetable oil
4 Tbsp peanut oil
Nonstick cooking spray
2 tablespoons cider vinegar
2 teaspoons balsamic vinegar
1/3 cup lemon or lime juice
¼ cup honey
2 Tablespoons whole-grain or Dijon mustard
1 egg

1 teaspoon salted butter
1 egg
4 cloves garlic
pinch of crushed red pepper
2 teaspoons dried thyme
2 ½ teaspoons chili powder
2 ½ teaspoons curry powder
salt
pepper