

Week 4

Dairy Case and Products • American cheese • butter • cheddar (block or shredded 1lb +) • eggs (5) • half and half (2 cups) • milk • Parmesan cheese (1 1/4 cup) • Yogurt	Dry Goods • bread • brown sugar • cornbread mix • chicken base or bouillon (2.5 cups) • Elbow macaroni • Fettucini noodles • flour • hamburger buns or onion rolls • olive oil • raisins • rice • 5oz can evaporated milk • 6oz can vegetable juice • 15oz can pinto beans • 15oz can kidney beans • tuna (2 cans) • 1 6oz can tomato paste (need 2 TBSP)
Frozen • broccoli	Meat • bacon • chicken (whole / cut up) • ground beef or chicken (1 lb) • sirloin tip steak (1lb)
Produce • baby spinach (6oz) • Caesar salad kit or romaine lettuce + dressing + croutons • 3 - 4 bell peppers • carrots • celery • cilantro • garlic • granny smith apple (1) • grape or cherry tomatoes • green onions • mushrooms (1 12oz pk) • onion (4.5) • potatoes (7lbs) • zucchini (4)	Spices / Miscellaneous • balsamic vinegar (can substitute cider) • black pepper • Cajun seasoning • chili powder • cumin • Dijon mustard • dill (optional) • dry mustard • Hot sauce (like Tabasco) • mayonnaise • Montreal Steak seasoning • paprika • pickles or dill relish • thyme • sage • salt • Worcestershire sauce