

**Produce**

- 2 cucumbers
- 2 boxes grape tomatoes
- 1 red onion
- 1 bunch fresh flat leaf Italian parsley
- 8 ounce package sliced white mushrooms
- 1 small white onion
- 2 baking potatoes

**Meat**

- 1 package chicken drumsticks
- 1# stir fry steak
- 1# chicken tenderloins
- 1 lb sweet Italian sausage links

**Dairy and Eggs**

- 8 ounce container 50% less fat sour cream

**Frozen**

- 1 package stir fry vegetables, no sauce (or 12oz package fresh)
- 1 bag frozen peas and carrots
- 1 bag frozen cut green beans

**Shelf Stable**

- 1 14.5 ounce can low sodium beef broth
- 1 bag red or green lentils
- 32 oz box low-sodium chicken stock
- 15 ounce can crushed tomatoes

**Pantry Items**

- celery salt
- corn starch
- dried oregano
- dried thyme
- onion powder
- garlic powder
- olive oil
- paprika (smoked if available)
- red wine or apple cider vinegar
- all purpose flour
- dijon mustard

- italian seasoning