

Produce

- 1 lemon
- 1 bunch green onions
- 1 bell pepper (any color)
- 1 large sweet onion
- 1 bag baby carrots
- 1lb small red potatoes
- 1 large bunch turnip or collard greens (about 1#)
- 1 lime
- 1 white onion

Meat

- 4 small catfish filets
- 1# chicken tenderloin
- 1# extra lean ground beef -(93/7)
- 4 Smoked Center Ham Steaks
- 1# chicken breast

Dairy and Eggs

- ½ gallon skim milk
- 1 bag reduced fat shredded cheddar cheese

Shelf Stable

- 1 box classic grits
- 1 7 ounce can diced green chiles
- 1 can low sodium chicken broth
- 2 cans low sodium navy beans
- 1 box French onion soup mix
- 1 can low sodium diced tomatoes
- 1 can black beans
- 1 bag baked tortilla chips

Pantry Items

- olive oil
- nonstick spray
- brown sugar
- apple cider vinegar
- cumin
- chili powder
- garlic powder
- onion powder
- cajun seasoning

- dried parsley