

**Produce**

- 4 sweet potatoes
- 1 avocado
- 1 lime
- 1 green pepper
- 1 bag cole slaw mix
- 1 bunch green onions

**Meat**

- 1# sirloin or flank steak
- 1# ground turkey
- 1# extra lean ground beef
- 1# ground chicken

**Dairy and Eggs**

- 1/2 gallon skim milk
- 1/2 dozen eggs

**Frozen**

- 1 bag Frozen diced butternut squash - 10.8 oz
- 10 ounce bag frozen cut green beans
- 1 bag frozen sliced carrots

**Shelf Stable**

- 2 cans low sodium black beans
- 1 8.5 ounce can corn
- 2 32 oz boxes low-sodium chicken stock
- 1 can low sodium diced tomatoes
- 1 8 ounce can tomato sauce
- parmesan cheese
- italian breadcrumbs
- 1 bag whole wheat egg noodles

**Pantry Items**

- ground sage
- olive oil
- paprika
- garlic powder
- ground ginger
- chili powder
- cumin
- cayenne
- dried parsley

- dried oregano
- dried thyme
- low sodium soy sauce