

Produce

- 4 sweet potatoes
- 4 small heads broccoli (or 2 bags frozen)
- 1 small white onion
- 1 small head green cabbage
- 8 ounce package sliced white mushrooms
- 2 small heads broccoli
- 1 lemon
- 2 zucchini
- 1 box grape tomatoes
- 1 potato

Meat

- 1# chicken tenderloin
- 1# extra lean ground beef
- 1 1/2# boneless skinless chicken thighs

Dairy and Eggs

- ½ dozen eggs

Frozen

- 1 box (or bag) frozen spinach

Shelf Stable

- 32 oz box low-sodium beef stock
- 2 cans low sodium diced tomatoes
- 16 ounce box whole wheat penne pasta
- 1 bottle no sugar added BBQ sauce
- 2 cans low sodium tuna
- parmesan cheese

Pantry Items

- ground sage
- olive oil
- dried dill
- dijon mustard
- onion powder
- red wine vinegar
- garlic powder
- dried thyme
- italian seasoning
- balsamic vinegar

- brown sugar