**Pantry:**

Olive Oil

Salt and Pepper

Butter

Honey

Red Wine Vinegar

**Meat:**

4 6 oz. white fish filets

16 oz turkey sausage, casing removed

½ of boneless ham 2.5- 3 lbs.

1 ½ links of turkey sausage, casing removed

1 lb. ground beef

**Produce:**

4 Garlic Cloves

1 pint grape tomatoes + extra for green beans

2 peaches

2 red-onion

1 bunch asparagus

3 lemons

1 lb. baby potatoes

6 cups spinach

1 carrot

1 celery stalk

1 red pepper

1 lb. fresh green beans

1 onion

**NON- Perishable:**

1 12 oz jar of roasted red peppers

2 28 oz jars of marinara sauce

¼ cup pure maple syrup

2 TBS course ground dijon mustard

2 TBS coconut sugar

8 oz whole wheat spaghetti

1 15 oz can tomato sauce

2 TBS tomato paste

**Pasta:**

2 30 oz packages of whole wheat cheese ravioli

**Dairy:**

8 oz. block white cheddar cheese

¾ cup grated parmesan

1 ½ cups of whole milk

**Herbs:**

4 tsp fresh oregano

8 sprigs of thyme

½ cup fresh basil leaves

1 TBS rosemary

**Spices:**

1/8 + ¼ tsp red pepper flakes

¼ tsp ground cloves

1 TBS steak seasoning