**Pantry:**

Salt/Pepper

Milk

Olive Oil

Balsamic Vinegar

**Meat:**

1 lb. ground beef

1 lb. chicken breast/tenders

1 lb. boneless chicken thighs

1 lb. ground turkey

6-8 slices of bacon

**Non-Perishable:**

28 oz. whole tomatoes

3 oz. can tomato paste

1 can black beans

1 jar salsa

1 TBS Dijon Mustard

1 8 oz can crushed pineapple

1 ½ cups of chicken broth

1 lb whole wheat fettuccine

**Spices:**

1 bay leaf

1 tsp. chipotle chili powder

2 tsp. dried thyme

**Dairy:**

**1 3/4** cup Parmesan

1 egg

White Cheddar (for quesadillas/meatball sub topping)

1 stick Butter

**Produce:**

Italian Parsley

1 red bell pepper

1 avocado

1 large red onion

8 cloves garlic

Green Beans

1 head broccoli

2 lemons

1 onion

6 cups of cauliflower

**Bakery:**

1/3-cup breadcrumbs

Italian bread loaf

6 whole grain tortillas

8 Corn Tortillas

**FROZEN:**

1 bag sweet corn

1 ½ cups of frozen peas

**FRUIT:**

Oranges

Nectarines

Apples