**Pantry:**

Olive Oil

Salt and Pepper

Flour

Butter

Soy Sauce

\*\* Chili Toppings if desired

**Meat:**

1 lb. boneless chicken breast

1 lb. lean ground turkey

5 Italian Sausages

12 oz. deli turkey meat

1 lb. thinly sliced chicken breasts

**Produce**:

4 cups sugar snap peas

8 oz. bean sprouts

4 carrots

7 garlic cloves

1 yellow onion

3 red pepper

3 onions

2 apples

2 lemons

2 heads Romaine Lettuce

**Dairy:**

1 ¼ cup shredded mozzarella

4 slices of cheddar cheese

Grated Parmesan

Caesar Dressing

**Non Perishable:**

2 4.5 oz. cans tomato sauce

2 whole chipotle peppers in adobo sauce

1 can sweet corn

1 can black beans

1 can kidney beans

½ cup Apple Butter

½ cup chicken stock

¼ cup brined capers

**Baking:**

1 tsp. corn-starch

**Herbs:**

1/3 cup parsley

**Spices:**

2 TBS chili powder

1 ½ tsp. cumin

2 tsp. oregano

2 tsp. sage

**Ethnic Foods:**

Tamarind Paste

2 TBS fish sauce

1 ½ tsp. chili sauce

4 oz. brown rice noodles

**Bakery:**

5 Whole Wheat Sandwich Rolls

8 Slices Whole Wheat Bread

Crusty Bread

Whole Wheat Croutons

**Fruit:**

Pears

Apples

Menu:

* Veggie Loaded Chicken Pad Thai
* Chipotle Turkey Chili with Crusty Bread and Pears
* Italian Sausage Sandwiches with Peppers/Onions and Apples
* Apple Butter, Turkey, and Cheddar Cheese Sandwiches with Leftover Chipotle Turkey Chili
* Chicken Piccata with Caesar Salad