**Pantry:**

Olive Oil

Salt and Pepper

**Meat:**

1 lb turkey sausage

1 ½ lbs. bone in skin on chicken thighs

1 pound boneless pork loin roast (center cut)

1 lb chicken breasts or tenders

4 grassfed beef hamburger patties

**Seasoning**

1 tsp. Italian Seasoning

1 TBS chicken seasoning

¼ tsp. cayenne pepper

**Produce:**

1 onion

9 garlic cloves

1 small zucchini

1 small squash

2 heads romaine lettuce (reserve some for burger topping)

2 lemons

1½ lbs. red-potatoes

1 lime

1 TBS ginger

1 ½ heads of broccoli

2 cups spinach

4 cobs of corn

1 Tomato

**Dairy:**

1-cup ricotta cheese

½ cup shaved-parmesan

3 TBS butter

½ cup half and half

1 ½ cups of whole milk

1 ½ cups of mozzarella

Caesar Dressing

**Herbs:**

¼ cub shredded basil

4 sprigs of rosemary

Non-Perishable Items:

28 oz. can diced-tomatoes

10 whole-wheat lasagna noodles

1 TBS. Dijon-mustard

2 TBS. + 1 tsp. of sesame oil

2 TBS Soy Sauce

Brown Rice

¼ cup sweet Asian chili sauce

1 TBS fermented chili paste

8 oz. whole wheat ziti

7 oz. jar of sun dried tomatoes

½ cup of chicken broth

Pickles

**Frozen:**

9 oz package creamed spinach

**Bakery:**

1 cup whole wheat croutons

4 whole wheat buns