**MEAT:**

1 whole chicken, uncooked

1 lb. lean ground turkey

**PRODUCE:**

2 onions

romaine lettuce

1 tomato

1 cucumber

3 red peppers

4 sweet potatoes

2 apples

2 zucchini

6 garlic cloves

1 large package spinach

1 lemon

2 green onions

3 parsnips or carrots

**Bulk Bins:**

½ cup of almonds

¼ cup pine nuts

**NON-PERISHABLE:**

1 can of artichokes

1 28 oz. can diced tomatoes

1 can black beans

1 bottle clean salad dressing

1 container of salsa (preservative free)

4 cups of chicken broth

olive oil

**SPICES:**

Smoked Paprika

Garlic Powder

Dried Oregano

Onion Powder

Dried Basil

Thyme

Salt/Pepper

White Pepper

1 bay leaf

**FRESH HERBS:**

cilantro

**DAIRY:**

Plain yogurt

¼ cup grated Parmesan cheese

**BAKERY:**

Whole Wheat Bread