

GROCERIES

PRODUCE

- 1 pkg. (6 oz.) fresh baby spinach
- 3 plum tomatoes
- 1 medium green pepper

FRIDGE/FREEZER

- 1 tube (10.2 oz.) large refrigerated flaky biscuits
- 1 pkg. (16 oz.) frozen broccoli florets
- 1 pkg. (16 oz.) frozen corn

PANTRY

- 2 jars (14 oz. each) spaghetti sauce
- 1 can (10 oz.) condensed cream of onion soup
- 1 can (14 oz.) diced tomatoes with basil, oregano and garlic
- 1 can (14 oz.) water-packed artichoke hearts
- 1 jar (16 oz.) chunky salsa
- 1 loaf (1 lb.) French bread (this loaf is divided between two recipes)
- 1 pkg. (8 oz.) no-cook lasagna noodles
- 4 cans (5 oz. each) white water-packed tuna

DAIRY

- 1 carton (16 oz.) 1% cottage cheese
- 1 pkg. (8 oz.) shredded Colby-Monterey Jack cheese
- 1 pkg. (8 oz.) shredded part-skim mozzarella cheese

MEAT

- 1 lb. ground beef
- 1 lb. boneless skinless chicken breasts
- 1 lb. peeled and deveined cooked medium shrimp

STAPLES

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| <input type="checkbox"/> baking cocoa | <input type="checkbox"/> dried basil |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> dried rosemary |
| <input type="checkbox"/> butter | <input type="checkbox"/> dried thyme |
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> eggs |
| <input type="checkbox"/> chicken broth | <input type="checkbox"/> garlic cloves |
| <input type="checkbox"/> chili powder | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> coriander | <input type="checkbox"/> instant rice |
| <input type="checkbox"/> cornmeal | <input type="checkbox"/> Italian seasoning |
| <input type="checkbox"/> cumin | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> Dijon mustard | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> onions | <input type="checkbox"/> milk |
| <input type="checkbox"/> onion salt | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> Parmesan cheese | <input type="checkbox"/> salt/pepper |