

Grocery List

Produce

- 2 pounds small golden tomatoes
- 1 small onion
- 1 English cucumber
- 1 jalapeno
- 1 red bell pepper
- 1 1/2 cup cilantro
- 8 cloves garlic
- 2 green onions
- 1/4 cup fresh lime juice
- 1 avocado
- 1 mango
- 1 green bell pepper
- 1 corn on the cob
- 1/2 cup blueberries
- 3 pints strawberries
- 1 pound carrots
- 1/4 cup fresh lemon juice

Refrigerated/Frozen

- 12 ounces SeaPak Shrimp Scampi
- 8 oz. cream cheese
- 1 1/2 cups shredded colby jack cheese
- 4 1/2 cup milk
- 1 1/2 cups grated sharp cheddar cheese
- 1 1/2 cup grated white cheddar cheese
- 1/4 cup crumbled feta cheese
- 1 cup whipped cream cheese
- 1 10 oz. can frozen strawberry daiquiri concentrate
- 16 oz. cool whip

Meat/Poultry/Seafood

- 3 boneless chicken breasts
- 6 strips of bacon
- 1 pound ground beef
- 8 good-quality all-beef hot dogs
- 2 pounds bulk breakfast sausage

Pantry

- 1 tbsp creole seasoning
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon dried thyme

- 1/2 teaspoon dried oregano
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- crushed red pepper (pinch)
- 1-2 tbsp diced pimento
- 1 can cream of chicken soup
- 1 14 ounce can diced tomatoes
- 2 tablespoons ketchup
- 1 tablespoon yellow mustard
- 2 tablespoons all-purpose flour
- 8 Cobblestone Bread Co.™ Spud Dogs
- 2 cups quinoa
- 4 cans of cut green beans
- 2 cans of cream of mushroom soup
- 2 containers of french fried onions
- 1/2 teaspoon vanilla
- 1 teaspoon cinnamon
- 12 Hawaiian rolls
- 1 pie crust
- 1 14 oz. can sweetened condensed milk
- 1/2 cup canned chickpeas
- 1/2 cup tahini
- 1 cup chopped cashews
- tortilla chips
- pita bread

Pantry Staples

- 4 eggs
- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (at least 4 tablespoons)
- Olive Oil (regular and extra virgin)