

Sur la table

A Week's Worth of Yum

Produce	3 each	Romaine Hearts
Produce	2 large/3 small	Broccoli Crowns
Produce	3 each	Lemons
Produce	1-2 pints	Berries
Produce	2 each	Cauliflower Crowns
Produce	1 box	Baby Spinach
Produce	1 each	Celery Bunch
Produce	2 each	Red Bell Pepper
Produce	1-2 each	Carrots
Produce	1 each	Yellow Onion
Produce	1 each	Red Onion
Produce	1 each	Garlic
Produce	1 each	Ginger
Produce	1 small box	Fresh Oregano
Produce	1-2 bunches	Cilantro
Produce	1 bunch	Parsley
Produce	2 each	Limes
Produce	1 head	Green Cabbage
Produce	1 each	Tomato
Produce	1 each	Cucumber

Bulk Section		Fig Newtons
Bulk Section		Yogurt Covered Pretzels
Bulk Section		Pepitas
Bulk Section		Dates

Dry/Isles	1 pound	Rolled Oats
Dry/Isles	1 loaf	Sliced Bread-Z
Dry/Isles	1 loaf	Sliced Bread-M
Dry/Isles	1 package	Tortillas (corn or flour)
Dry/Isles	1 each	Canned Chickpeas
Dry/Isles	1 each	Canned Whitebean
Dry/Isles	1 each	Canned Tuna
Dry/Isles	1-28oz	Canned Tomato
Dry/Isles	1 tube	Tomato Paste
Dry/Isles	1 tube	Premade Pesto
Dry/Isles	1 jar	Olives
Dry/Isles	1 jar	Caesar Dressing
Dry/Isles	1 box	Nut Thin Crackers

Dairy/Refrigerator	1 carton	Almond Milk
Dairy/Refrigerator	2 dozen	Eggs
Dairy/Refrigerator	1 pound	Shredded Cheddar Cheese
Dairy/Refrigerator	8 ounces	Cream Cheese
Dairy/Refrigerator	4-6 ounces	Feta Cheese
Dairy/Refrigerator	8 ounces	Sour Cream
Dairy/Refrigerator	1 tub	Plain yogurt
Dairy/Refrigerator	1 pound	Butter
Dairy/Refrigerator		Cheese to snack on

Proteins/Meat/Seafood	2 each	Whole Chicken
Proteins/Meat/Seafood	1.5 pound	Frozen Shrimp
Proteins/Meat/Seafood	1 pound	Chicken Sausage

Pantry Items/Already Had	2 pound	Coffee
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Pantry Items/Already Had	1 pound	Sliced Bacon
Pantry Items/Already Had		Peanut Butter
Pantry Items/Already Had		Salt/Pepper
Pantry Items/Already Had		Cooking Oils
Pantry Items/Already Had		Chili Flakes
Pantry Items/Already Had		Sliced Deli Meats
Pantry Items/Already Had	8 ounces	Sliced Cheese
Pantry Items/Already Had	1 cup	Quinoa
Pantry Items/Already Had		Almonds/Peanuts/Cashews
Pantry Items/Already Had		Curry Spices
Pantry Items/Already Had		Various Seasoning Mixes for Chicken
Pantry Items/Already Had		Mayonnaise
Pantry Items/Already Had		Various Mustards
Pantry Items/Already Had		Pirates Booty Snacks
Pantry Items/Already Had		Apple
Pantry Items/Already Had		Protein Bars