

Week 1	<input checked="" type="checkbox"/>	Week 2	<input checked="" type="checkbox"/>
2 whole cut up chickens		Canned tuna	
frozen cauliflower		Cream of chicken soup	
Sourdough bread		Cream of mushroom soup	
French Fried Onions		frozen peas	
Eggs		cream cheese	
refried beans		ritz crackers	
tortillas & taco shells		Frozen chicken strips	
red bell pepper		Korma/Masala sauce from Trader Joe's	
green bell pepper		Basmati rice (frozen box from Trader Joe's)	
onion		Garlic Naan (frozen @ Trader Joe's)	
cilantro		Steak	
tomato		frozen cauliflower	
Chicken broth		sourdough bread	
canned corn		salad fixins	
canned salsa fresca		french fried onions	
canned black beans		red & green bell peppers	
tortilla chips		pepperjack cheese	
avocado		onions	
pepperjack cheese		tater tots	
corn bread mix		French Rolls	
green enchilada sauce			
sour cream			
diced chilies			
Linguini			
pasta sauce			
salad fixins			
ground beef			
wide egg noodles			
cream of chicken & rice soup			
cream of mushroom soup			
velveeta			
frozen broccoli			

Week 3	<input checked="" type="checkbox"/>	Week 4	<input checked="" type="checkbox"/>
Pizza dough		Honeyglazed Ham	
Salad fixins		Hawaiian rolls	
Italian sausage		fresh/frozen corn	
Red & Yellow onion		Hash browns	
Red & green bell pepper		Cheddar Cheese soup	
Garlic		Milk	
White wine		Cream of Chicken soup (3)	
Pasta sauce		Cream of Potato soup	
Linguini		onion	
Pot roast (2)		cheddar cheese	
can of coke		sour cream	
onion soup mix		green chilies	
chili or bbq sauce		eggs	
potatoes		potatoes	
spicy green beans		tomatoes	
beefy mushroom soup		croutons	
cream of mushroom soup		cucumbers	
sliced mushrooms		1 whole cut up chicken	
onions		bread crumbs	
burgundy wine		swiss cheese	
egg noodles		heavy cream	
french bread		taco shells	
lasagna noodles		cilantro (salsa fresca)	
ground beef		tortillas	
ricotta cheese		refried beans	
mozzarella cheese		dry bread stuffing mix	
Cheddar cheese		cream of celery soup	
Milk		chicken broth	
Flour		evaporated milk	

Week 5	<input checked="" type="checkbox"/>		
Prosciutto			
Turkey			
Cumin			
Oregano			
Sesame seed			
Olive oil			
Vege oil			
can mandarin oranges			
bbq sauce			
chicken broth			
Mexicorn (corn w/red&green peppers)			
peanuts - dry roasted			
tortilla chips			
french dressing			
italian dressing			
dijon mustard			
french fried onions			
chili sauce			
red pepper sauce			
peanut butter			
mozzarella cheese			
sharp cheddar cheese			
colby/mont jack cheese			
cream cheese			
eggs			
pillsbury refrig crescent rolls			
peanut sauce			
soy sauce			
taco seasoning			
salsa			
frozen broccoli & 3 cheese sauce			
frozen broccoli florets			
panko crispy bread crumbs			
brown or basmati rice			
chicken breasts (4)			
basil leaves			
cilantro			
garlic			
lettuce			
red bell pepper			
carrots			
coleslaw mix			
green bell pepper			
green onions			
jicama			
tomatoes			
penne pasta			
sundried tomatoes			
french bread			
rice pilaf			
salad fixins			