

Soprepared... "lighten up"

Staple/ Pantry Items:

Salt & Pepper

Garlic Salt

Olive Oil

Butter

Mayo

Eggs

Cider Vinegar

Thyme

Produce:

3 lg Zucchini

Asparagus (2 bundles)

2 Lemons

4 Garlic cloves

1 ripe Avocado

2 small Tomatoes

Parsley

Chives

3 small pkgs Basil

Dill

Boston Bib Lettuce

$\frac{1}{4}$ cup Radishes

2 med Carrots

1 large Leek

1 Celery stalk

1 lb small red potatoes

2 cups Baby Spinach

Shelf Stable:

5 cups Chicken Stock/Broth

15 oz can Garbanzo Beans

Meat/Dairy:

2 lb Chicken Breasts, boneless skinless

16 oz Lump Crabmeat

Plain Kefir

1 lb Bacon

Good Parmesan Cheese

Frozen Section:

Udi's Whole Grain Bread

1 cup Green Peas

Against the Grain Gluten Free Baguette