

1. Vietnamese Chicken Noodle Soup
2. Pesto Tomato Ravioli
3. Gina's Club Sandwich
4. Garlic Chicken with More Garlic
5. Tony's Tilapia with Parmesan Fettucini
6. Nachos
7. Nutritious Bars

### **Produce**

Garlic  
 Green onions  
 Onions  
 Lettuce & tomato for sandwiches  
 {salad fixings – 3 meals}  
 {baby carrots}  
 {baking potatoes}

### **Canned/Dry**

Chicken broth – 2 boxes or 4 cans  
 Thin spaghetti  
 Fettucini  
 Pesto sauce – 1 jar  
 Diced tomatoes – 2-3 cans  
 Diced tomatoes w/ green chilis – 1  
 Corn – 1 can  
 Black beans – 1 can  
 Taco seasoning – 1 pkg.  
 Tortilla chips – 1-2 bags  
 Chocolate chips  
 {ranch dressing}  
 {potato chips}

### **Dairy**

Provolone cheese slices  
 Parmesan, shredded  
 Butter  
 Cheddar, shredded – 1 bag

### **Bread**

Good rolls or buns for sandwiches

### **Meat**

Chicken to cook for soup  
 3-4 lbs. chicken legs or other cut  
 Ham and turkey lunch meat  
 Bacon, pre-cooked or regular  
 Tilapia fillets  
 Ground beef – 1 lb.

### **Frozen**

1-2 bags frozen cheese ravioli  
 {egg rolls}  
 {favorite veggie}

### **Items to Have in Pantry/Fridge**

Flour  
 Brown sugar  
 Baking soda  
 Peanut butter – ½ cup  
 Vanilla  
 Egg – 1  
 Quick oats – 1 cup  
 Soy sauce  
 Hot sauce  
 Garlic powder  
 Oregano  
 Mayonnaise  
 Paprika  
 Kosher salt  
 Cajun seasoning  
 Salt & pepper