GROCERY LIST

Water bottle

Wheaties

2% milk

oranges

3 cans black beans

mixed salad greens

collard greens

shallots

white wine (dry)

black and white socks

clear plastic wrap

small zip lock bags

celery and carrots

v8 juice

marinara sauce 1 1/2 cups Bertolli pasta sauce

bulk pasta

3 green bell peppers

bell peppers for salad

yogurt

chicken

refried beans

small soft tacos

cheese block and ham for bulk salad

portillos pasta for bulk salad

radishes

garlic powder

fresh spinach

white beans two cans

fresh grated cheese

small tortillas

2 (32-ounce) cartons chicken broth

2 pounds unpeeled fresh large shrimp

1 cup all-purpose flour

3 yellow onion

1 tablespoon Cajun seasoning

2 teaspoons Worcestershire sauce

1 teaspoon dried thyme

2 bay leaves

1 pound andouille sausage, sliced

1/2 cup green onion tops

1/4 cup chopped fresh parsley

1 pound lump crabmeat

asparagus

1 lb bulk Italian sausage (no casings)

1 (14oz) can Italian diced tomatoes, with juices

1/2 cup half and half

freshly shaved/shredded Parmesan cheese

1 cup canned corn kernels, drained

3/4 cup Old El Paso™ mild enchilada sauce

1/2 cup Old El Paso™ mild green enchilada sauce

1/2 teaspoon chili powder

1/4 teaspoon oregano

1 cup shredded Mexican blend cheese

2 tablespoons chopped fresh cilantro leaves

whole wheat bread (pbj)

10 large eggs