

**Meat**

- 5-6 pounds boneless, skinless chicken breasts
- 1 whole chicken
- 2 pounds ground beef

**Produce**

- 3 cups fresh spinach
- 5 large garlic cloves
- 2 white onions
- 1 large red bell pepper
- 2 lemons
- cilantro
- 2 limes

**Grocery Items**

- 2 cups Italian tomato sauce
- 1 8 oz bar cream cheese
- white wine
- lemon juice
- chicken bouillon
- Italian seasoning
- 12 ounces pasta
- butter
- 1 .7 oz Italian Salad dressing (powdered mix only)
- Ranch dressing
- Barbecue sauce
- chili powder
- ground cumin
- dried oregano
- 2 cups tomato puree (or diced tomatoes if you prefer)
- salsa
- beef bouillon cube
- 1 bag Fritos
- cheddar cheese
- sour cream
- rice
- 5 freezer bags



