

Meat

12 oz. smoked turkey sausage
3 - 3 1/2 pounds shrimp
2 - 2 1/2 lbs. boneless skinless chicken breasts
bacon

Produce

garlic
3 limes
2 lemons
5 small red potatoes
1 pound asparagus
1 pound fresh green beans
1 large head broccoli
1 large bell pepper
7 - 8 sweet peppers
2 cucumbers
8 ounces grape tomatoes
1 red onion
kale
fresh parsley
corn (or frozen kernels)

Dairy

shredded mozzarella cheese
shredded cheddar cheese
parmesan Cheese
feta cheese
crumbled Cotija cheese
6 oz. plain Greek yogurt
salted butter

Pantry

1 lb. rotini pasta
quinoa
miniature corn tortillas
12 oz. Alfredo sauce
ranch dressing
mayonnaise
extra virgin olive oil
grapeseed oil

Spices

chili powder
garlic powder
paprika
black pepper
salt
ground cumin
ground turmeric
oregano
dried parsley
chipotle powder
smoked paprika