



MEATS:

- Chicken
- Mackerel
- Salmon
- Tuna
- Lean Beef
- Jerky
- Turkey
- Lunch Meat Ham
- Lunch Meat Roast Beef
- Eggs



VEGETABLES:

- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beet Greens
- Bok Choy Greens
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic
- Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Salad Greens
- Sauerkraut
- Spinach String Beans
- Summer Squashes
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini Squash



CONDIMENTS + SEASONINGS:

- Spicy Mustard
- Hot Sauce
- Crushed Red Pepper
- Mrs. Dash Original Blend
- Mrs. Dash Fiesta Lime
- Mrs. Dash Extra Spicy
- Mrs. Dash Tomato Basil Garlic
- Mrs. Dash Lemon Pepper

GROCERY LIST