

**Meat**

- 1 whole large chicken 5-7 pounds
- 3 1/2 pounds of ground beef

Produce

- 6 Onions
- 8 cloves of garlic
- 2 stalks of celery
- 5 red potatoes
- 4 Carrots
- 2 cups green beans, fresh or frozen
- 2 small to medium zucchini
- 3 cups shredded cabbage
- 1 large head of red/green leaf lettuce
- 1 romaine lettuce
- 6 cups fresh spinach, rinsed dried, chopped
- 1 cup sliced black olives
- 1 large avocado
- 1 chili pepper (optional)
- 1 yellow bell pepper
- 1 red Bell pepper
- 3 Tomatoes

Staples

- 2 cups tomato sauce
- 4 cups prepared lima or navy beans (pg 121)
- 1 cup salsa
- 1/3 cup tomato paste
- 1/3 cup ketchup
- 1/3 cup maple syrup

Frozen

- 1 cup frozen garden peas
- 4 pounds hash brown potatoes

Dairy/Eggs

- 4 cups sour cream
- 1 cup heavy cream
- 5 cup shredded raw cheddar cheese
- 1/2 cup grated Parmesan Cheese
- eggs
- butter

In the Pantry

- Salt
- Pepper
- Apple Cider Vinegar
- Taco Seasoning
- Cumin
- Cayenne Pepper
- Chili Powder
- Dried Oregano
- Italian Seasoning
- Onion Seasoning
- Seasoned Salt
- Dry Mustard
- Garlic Powder
- Dried Parsley
- Nutmeg