



☐ 1 loaf (1 pound) Italian bread

☐ Brown sugar☐ Flour

- ☐ 1 can (14 ounces) coconut milk
- ☐ 2 cans (14-½ ounces each) vegetable broth
- ☐ 1 can (10-¾ ounces) condensed cream of celery soup
- ☐ 1 can (4 ounces) chopped green chilies
- ☐ 2 cans (15-½ ounces each) great northern beans
- ☐ 1 can (15-½ ounces) sloppy joe sauce
- ☐ 1 jar (26 ounces) spaghetti sauce

- ☐ Butter
- ☐ Egg
- ☐ 1 package (8 ounces) shredded part-skim mozzarella cheese

☐ 1 package (16 ounces) frozen broccoli florets

- ☐ 2 pounds ground beef
- ☐ 1-½ pounds boneless skinless chicken breasts
- ☐ 1 package (8 ounces) bacon strips
- ☐ 1 pound smoked kielbasa

- Instant rice

- ☐ Minced garlic
- ☐ Onion
- ☐ 1 package (10 ounces) shredded lettuce
- ☐ 1 pound red potatoes
- ☐ 1 package (6 ounces) baby spinach
- ☐ 2 medium tomatoes

- ☐ Chili sauce
- ☐ Olive oil

- When you're making rice for a dish, why not make enough for a few extra meals? Keep it fresh in Ziploc® containers.
- It is more economical to buy a block of cheese and shred it at home either with a grater or a food processor. Keep refrigerated in a Ziploc® brand Storage Bag.

- ☐ Curry powder
- ☐ Dried basil
- ☐ Dried parsley
- ☐ Garlic powder
- ☐ Ground cumin
- ☐ Italian seasoning
- ☐ Seasoned bread crumbs
- ☐ Pepper
- ☐ Salt

[illegible]