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Baking

Agave nectar [1 tsp]

Bread & Grains

Cornflake crumbs [1 cup]

Hamburger Buns [3 oz.]

Cans & Jars

Chipotle peppers [4]

Dill Pickle Spears [18 oz.]

Granola [4 oz.]

Pineapple chunks [8 oz.]

Dairy

Nonfat plain Greek yogurt [9 oz.]

Sharp Cheddar Cheese [4 oz.]

Drinks

Dry white wine [4 oz.]

Frozen

Frozen blueberries [5 oz.]

Pizza!!

Fruits & Veggies

Cilantro [1 bunch]

Fresh cilantro [1 tablespoon]

Fresh sage [2 teaspoons]

Limes [4]

Onion [\[0.5\]](#)

Plum tomato [0.9]

Red grapes [2 oz.]

Red onion [\[2\]](#)

Roma Tomatoes [4]

Romaine [2 heads]

Scallions

Tomato [1.5]

Meat & Seafood

Beef brisket [5-7 pounds]

Boneless skinless chicken [4]

Chicken [10 oz.]

Ground Beef [2 pounds]

Pork chops (4 ounce) [4 inch]

Tilapia fillets (6 ounce) [4]

Sauces & Condiments

Barbecue Sauce [1 oz.]

Beef Stock [4-6 Cups]

Honey mustard dressing [2/3]

Poppy seed salad dressing [2 oz.]

Spicy Mustard [1 Tablespoon]

Snacks

Crackers

Check if you need : Black pepper [1/8 tsp], Butter [1 stick] [1 cup], Cajun seasoning [1 teaspoon], Canola oil [2 teaspoons], Cider vinegar [\[6 oz.\]](#), Cooking spray [\[2\]](#), Dill [2 tsp], Dry bay leaves [5], Fat-free chicken broth [2 oz.], Freshly ground black pepper [\[0.625 teaspoon\]](#), Garlic [1 head], Garlic cloves [2], Ground cloves [2 teaspoons], Ground mustard [3 teaspoons], Ground red pepper [1/4 teaspoon], Ketchup [3 oz.], Kosher salt [1 tablespoon], Kosher salt [\[1 teaspoon\]](#), Pecans [2 oz.], Pepper [1 small], Poppy seeds [1 teaspoon], Rice vinegar [1 oz.], Salt [1/2 teaspoon], Sugar [6 oz.], Table salt [1/8 tsp], Vegetable oil [8 oz.], Yellow Mustard [1 teaspoon]

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