

*PRODUCE*

- 2 cups bean sprouts
- 24 Boston lettuce leaves
- 1 cup small broccoli florets
- 4 cups sliced carrots
- 1/4 cup coarsely chopped peanuts
- 2 cloves garlic
- 1 cup cucumber
- 1/3 cup sliced dried apricots
- 4 cups sliced fresh apricots
- 2 Tbs. chopped fresh cilantro
- 2 fresh sweet onions
- 4 green onions
- 2 Tbs. lemon zest
- 2 limes
- 1/2 lb. mushrooms
- 2 cups chopped onions
- 2 oranges
- 2 packages leafy salad greens
- 6 Tbs. pine nuts or slivered almonds
- 6 cups potatoes
- 1/3 cup raisins
- 2 cups thinly sliced red cabbage
- 2 cups sliced cucumber
- 1 cup snow peas
- 1-3/4 lbs. tomatoes
- 1/3 cup walnut pieces
- 1/2 lb. yellow squash
- 1/2 lb. zucchini

*FROZEN FOODS*

- 1-1/4 lbs. frozen corn
- 3 Tbs. frozen orange juice concentrate

*SEAFOOD*

- 8 whitefish fillets

*NON-FOOD*

- aluminum foil

*CANNED & BOTTLED GOODS*

- 8 tsp. balsamic or red wine vinegar
- 1 15 oz. cans navy beans
- 1 15 oz. can pinto beans
- 2 15 oz. cans red beans
- 1/3 cup cider vinegar
- 2 Tbs. dry cooking sherry
- 4 tsp. dark sesame oil
- 1/3 cup honey
- 2 packets herb and garlic soup mix
- 1 lb. red kidney beans
- 3/4 cup rice vinegar

*DRY GOODS*

- 1 tsp. basil
- 1/4 tsp. black pepper
- 1/4 cup brown sugar
- 2 Tbs. canola oil
- 1 tsp. chili oil
- 1 tsp. dried rosemary leaves
- 1-1/2 tsp. ground ginger
- 2 Tbs. Italian herb seasoning
- 2 cups medium grain rice
- 2 Tbs. olive oil
- 2 tsp. poppy seeds
- 8 tsp. sugar
- 1/2 cup vegetable oil
- 1/4 tsp. white pepper

*MEAT*

- 4 cups diced cooked chicken
- 4 lbs. lean beef rump roast
- 8 pork loin chops

*BEVERAGES*

- 2 cups unsweetened pineapple juice
- 1-1/3 cups dry sherry