

Serenity	1 lb bacon (bake ahead)	1 x caraway seeds
Food (3 heads, 6 days)	6 x UHT milk sippies	1 x rice bag
	1 x qt yogurt	1 x bulk chicken bouillon
Cook ahead	2 lb block cheese	1 x couscous
1 x pasta/sauce	2 x salad dressing or vin/oil	1 x curry powder
1 x meadle	1 x box butter	1 x black pepper
1 x curried chicken	Bakery	1 x raisins
Cook aboard		Meat
1 x shrimp stir-fry	1 doz bagels	2 x kielbasa (2)
1 x pork tenderloin	3 sub sandwich bread	2 lb pork tenderloin
1 x kielbasa	1 pack Sandwich thins	1 lb chicken
Additional meals/dishes	2 loaf sandwich bread or a big pack of tortilla	1 lb ground beef
		1 x ham steak (frz)
Corn soup	Deli	Freezer
Sandwiches	4 lb cold cuts	1 boxes Morningstar sausage
Eggs on toast	2½ lb sliced cheese	1 x frozen peas bag
Leftover stir-fry		2 x frozen corn bag
Cole slaw	Cans & Pantry	1 lb frozen shrimp
Green salads	2 x Spam	Snacks
Fried egg sandwich	2 x pork & beans	Wheat Thins
Grilled cheese	4 x diced tomatoes	Triscuit minis
French toast	1 or 2 x hot sauce	chocolate
Spam	1 x pepperocini	nuts (peanuts or cashews)
Veg	1 x black olives	trail mix
2-3 heads romaine	2 x sliced mushrooms	ginger snaps
1 heads broccoli	1 x sauerkraut	dried fruit
6 tomatoes	1 x coconut milk	Fig Newtons
1 large bag onions	1 x oatmeal	
3 heads garlic	1 x apple sauce	1 x 1 qt Zip-locs
1 heads cabbage	1 x mayo	1 x 1 gal Zip-locs
2 lb carrots	1 x mustard	2 x paper towels
1 heads cauliflower	1 x ketchup	1 x paper napkins
5 x bell peppers	1 x Earl Grey tea (Brian)	1 x baby wipes
2 head celery	1 x honey	1 x soft soap
2 x green onion	Dry	3 x Kleenex
1 x bag apples	1 lbs pasta – twisty	2 x roasting pans (stock)
Dairy	1 lbs pasta – elbows	1 x aluminum foil
2 doz eggs	1 x red-pepper flakes	1 x kitchen trash bags

1 x yard trash bags

Drinks

6 x 1-gal water

1 12pk ginger ale

1 12pk Mountain Dew

iced tea