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4.5 Lbs Chicken Or Lean Turkey 2.75 Lbs Tilapia Or White Fish 2 Loaves Whole Wheat Or Multigrain Bread (low Fat) 2/3 Lbs Dry Oats 2 Lbs Raw Brown Rice 3 Lbs Sweet Potatoes 2 Cartons Berries (you Can Buy Frozen) 2 - 3 Small Avocados 7 Apples 1.5 Lbs Broccoli 3 Lbs Mixed Vegetables 1.5 Lbs 3th, 2024  
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