

## Grocery List

### *Produce*

- 1 shallot
- 6 cloves of garlic
- 2 jalapeno
- 1 large mango
- 1 cup strawberries
- 1 large peach
- 1 red onion
- 1/2 cup cilantro
- 2 tablespoons fresh lime juice
- 1 lime
- 4 cups romaine lettuce
- 4 avocados
- 2 yellow squash
- 5 yellow onions
- 1 green bell pepper
- 4 green onions
- 2 red bell peppers
- 3 cups fresh blueberries
- 4 tablespoons lemon juice
- 1 lemon
- 1 large zucchini
- 1 large yellow squash
- 1 cup of slivered carrots
- 1 cup of corn

### *Refrigerated/Frozen*

- sour cream
- 6 slices provolone cheese
- 8 slices sharp cheddar cheese
- 1 1/2 cups shredded cheese
- 1 cup buttermilk
- 1 cup whole milk
- 2-3 cups of white shredded cheese of choice

### *Meat/Poultry/Seafood*

- 4 fish filets of choice
- 2 1/2 pound chuck roast
- 1-2 pounds cubed steak
- 2 pounds ground beef
- 6 bacon slices

### *Pantry*

- 4 8-inch round flour tortillas
- 1 tablespoon hot sauce

- 1 tablespoon chipotle chili powder
- 1 teaspoon ground cumin
- 1 cup uncooked rice
- 1 cup beef broth
- 1 (16 ounce) jar Pepperoncinis
- 1/2 (16 ounce) jar Hot Cherry Peppers
- 1 cup crushed tomatoes
- 6 rolls
- 2 cups Italian dressing
- 1 cup bread crumbs
- 15 oz R. Rothschild Sweet & Spicy Bourbon Sauce
- 12 ounces bourbon
- 8 sandwich rolls
- 3 cans corn
- 1 cup mayo
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 10 oz bag chili cheese Fritos
- 1 1/2 cup granulated sugar
- 5 tablespoons cornstarch
- 3 teaspoons vanilla extract
- 1/2 cup coconut oil
- 1 1/3 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 2 tablespoons light brown sugar
- 2 teaspoons poppy seeds
- 1/2 cup confectioner's sugar
- 6 ounces semisweet chocolate
- 1 cup pecans
- 10-15 flour tortillas
- 1 cup of black beans
- 1 teaspoon garlic powder

### *Pantry Staples*

- 13 eggs
- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Nonstick Spray