



Grocery List

Produce

- 12 oz. baby spinach
- 1 roma tomato
- 1 lime
- 1 small butternut squash
- 1 cup fresh greens
- 1 head iceberg lettuce
- 1 avocado
- grape tomatoes
- 1 lemon
- 12 oz blueberries
- chopped jalapeños (optional)
- chopped parsley (optional)

Refrigerated/Frozen

- 3 cups mozzarella cheese, shredded
- 20 oz. cheese ravioli
- 1 cup (2 sticks) plus 7 tbsp butter
- 3 tbsp plus 1/2 cup unsalted butter
- whipped topping (optional topping)
- 1 can refrigerated pizza dough
- 1 cup shredded Colby Jack cheese
- 1 1/2 cups shredded sharp cheddar cheese
- 2 and 1/2 cups milk
- 1 cup buttermilk
- 1 cup half and half
- 1/2 cup grated Parmesan
- blue cheese crumbles

Meat/Poultry/Seafood

- 1 pound Italian sausage
- 3 cups diced cooked chicken
- 3 lb. chuck roast
- 1 lb. ground beef
- 8 hot dogs
- bacon

Pantry

- 24 oz. marinara sauce
- 15 oz. can pumpkin puree
- 12 oz. low fat evaporated milk
- 1 cup brown sugar
- 2 tsp pumpkin pie spice
- 1 and 1/2 teaspoon cinnamon

- 1/4 tsp chili powder
- 1 box yellow cake mix
- 1/2 cup chopped pecans
- 1/2 teaspoon cumin
- 2 tbsp diced green chiles
- 2 tbsp sliced black olives
- 1/2 cup mayonnaise
- 1 oz packet dry ranch seasoning mix
- 1 oz packet au jus mix
- 5 to 6 pepperoncini
- 4 cups and 3 tbsp flour
- 1 can diced tomatoes with green chiles (Rotel)
- Tobacco sauce
- 1 cup cornmeal
- 1 and 3/4 cups granulated sugar
- 5 tsp baking powder
- 1/2 tsp baking soda
- ketchup (optional)
- 1/4 cup buckwheat groats
- 4 cups vegetable stock
- 1 cup polenta
- 1 and 1/2 cups sliced almonds
- 8 oz almond paste

Pantry Staples

- 7 eggs
- Salt (regular and Kosher)
- Black Pepper
- Butter (1 1/2 cups)
- Frying Oil
- Olive Oil (extra virgin)