



Grocery List

Produce

- 2 cups spinach
- cilantro
- parsley
- 3 large avocados
- 2 onions
- 6 cloves garlic
- 1 large tomato
- 1 jalapeno
- 2 Roma tomatoes

Refrigerated/Frozen

- sour cream
- 1 cup shredded cheese
- 1 loaf frozen bread dough
- 7 slices mozzarella cheese
- 4 heaping tbsp cottage cheese
- 2 16 oz. containers frozen sliced sweetened strawberries
- 2 8 oz packages cream cheese
- 1 cup room temperature unsalted butter
- grated Parmesan, for topping
- 1 (9 ounce) package cheese-filled tortellini
- 1 1/2 cups milk
- 2 cups half and half

Meat/Poultry/Seafood

- 1 pound chicken tenders
- 1 bag sliced pepperoni
- 3-4 pound boneless beef roast
- 1 pound boneless skinless chicken thighs

Pantry

- 1 tablespoon + 1 tsp garlic powder
- 1 tablespoon + 1 tsp onion powder
- 1/2 tablespoon cumin
- 6 to 8 flour tortillas
- 1 jar of pizza sauce
- 2 tsp Italian seasoning
- Roasted red bell peppers (found in jar near pickles)
- 1 box strawberry cake mix
- 1 3 oz. strawberry jello
- 1 cup granulated sugar
- 6 cups powdered sugar
- vanilla extract
- 2 1/2 cups creamy cashew butter

- 12 ounces semi-sweet chocolate chips
- sprinkles
- 2 28-ounce cans San Marzano Tomatoes
- 3 tablespoons tomato paste
- 3/4 cup red wine
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1/2 teaspoon crushed red pepper
- dry pasta of choice
- 2 (10 3/4 ounce) cans condensed tomato soup
- 2 cups vegetable broth (or chicken broth)
- 1/4 cup orange marmalade
- 1/4 cup balsamic vinegar
- 1/2 teaspoon rubbed sage
- 1/2 cup walnuts

Pantry Staples

- 4 eggs
- Salt (both kosher and sea salt)
- Black Pepper
- creole seasoning (optional)
- Vegetable Oil
- Olive Oil (regular and extra virgin)
- Nonstick Spray
- coconut oil