



Grocery List - Week 71

Produce

- 2 cups baby arugula
- fresh parsley
- 3 onions (2 yellow, 1 red)
- 1 bell pepper
- 6 cloves of garlic
- 1 avocado
- 1 cup of tomatoes
- 2-3 cups of spinach or mixed leafy greens
- 1 green pepper
- shredded basil (about 4-5 tbsp)
- 2 roma tomatoes
- 7 green onions
- 1 cup chopped cilantro
- 2 bay leaves
- 2 serrano or jalapeno peppers
- bean sprouts
- 4 cups fresh broccoli florets
- 1/2 cup fresh blueberries
- 3 ripe bananas
- 1 tablespoon grated ginger

Refrigerated/Frozen

- 1/4 cup milk
- 4 slices of mozzarella cheese
- 1 can 10 or 12-pack refrigerated biscuits
- queso fresco
- 2 cups shredded cheddar cheese
- 1 to 1 1/3 cups of shredded mozzarella
- 1/4 cup plain Greek yogurt
- 1/4 cup heavy cream
- 2/3 cup buttermilk

Meat/Poultry/Seafood

- 4 thick slices of turkey breast
- 1 whole chicken
- 1 pound ground beef
- 3 boneless chicken breasts
- 1 pound ground pork
- 6 slices bacon, cooked and crumbled

Pantry

- 1/2 cup dijon mustard
- 1/2 cup mayo
- 1/4 cup 100% pure maple syrup
- pinch of cayenne pepper

- 8 thick slices of challah bread
- 1 packet Pioneer biscuit gravy mix
- 1/4 cup flour
- 1 can cream of chicken soup
- salad dressing of choice (I used cilantro lime)
- 1 10.75 ounce can tomato soup
- 12 ounces egg noodles
- 1 14.75 ounce can creamed corn
- 1 3/4 tsp creole seasoning or seasoned salt
- 1/2 cup balsamic vinegar
- 2 tbsp Italian dressing
- 1 tbsp brown sugar
- 4 burrito-size tortillas
- 6-8 cups beef stock
- 2 dried peppers
- 1/2 teaspoon whole cloves
- 1 star anise
- 1/2 teaspoon black peppercorns
- 1/2 teaspoon coriander seeds
- 1/2 cup Japanese sake
- 1/4 cup hoisin sauce
- 1/2 cup plain breadcrumbs
- 1 tablespoon fish sauce
- 1 tablespoon ponzu sauce
- 1 tablespoon honey
- 6-8 ounces dried rice noodles
- 1 tablespoon apple cider vinegar
- 2 cups sugar
- 1/4 cup slivered almonds
- 1/4 cup dried cranberries
- 1 cup whole wheat flour
- 2 tablespoons Truvia
- 2 tablespoons baking powder
- 1/4 cup coconut oil, melted
- 2 1/2 cups flour
- 1 tsp baking soda
- 2/3 cup shortening
- 1 tsp vanilla
- 3/4 cup toasted pecans

Pantry Staples

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (2 sticks)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Eggs (at least 6)