



Grocery List

Produce

- 1 bunch green onions
- 1 onion
- 2 cups small fresh broccoli florets
- 3 cloves garlic
- 1 small green bell pepper
- 1 poblano
- cilantro
- 1 pound fresh chickpeas or 1 cup thawed frozen green chickpeas, or 1 cup canned chickpeas
- 1/3 cup pomegranate seeds (or arils)
- 1/2 cup packed fresh mint leaves
- 1/2 cup packed fresh flat-leaf parsley leaves
- 2 ripened bananas
- 2 1/2 cups whole cremini mushrooms
- 1 avocado
- lemon
- 1 red jalapeno or serrano chile

Refrigerated/Frozen

- 2 cups butter
- 1 cup heavy cream
- 1 cup shredded Jack cheese
- 1/2 cup shredded Parmesan
- 4 slices provolone cheese
- 3 cups milk
- 1 package (20 ounces) refrigerated cheese tortellini
- 3/4 cup shredded part-skim mozzarella cheese
- 3/4 cup grated Parmesan cheese
- 1/3 cup sour cream
- 2 cups of sharp cheddar cheese

Meat/Poultry/Seafood

- 4 pounds bone-in, skin-on chicken drumsticks
- 6 boneless skinless chicken breasts
- 6 strips bacon
- 1 (3-4 pound) boneless beef tenderloin

Pantry

- 5 cups flour plus 4 tbsp
- 3 1/2 teaspoons baking powder
- 1 1/2 teaspoon baking soda

- 2 teaspoons cream of tarter
- Strawberry Fruit Powder
- 4 cups sugar
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 3 1/2 teaspoons cumin
- 1/2 teaspoon ground coriander
- 1/4 cup sliced almonds
- 1/2 tbsp chili powder
- tortilla chips for serving
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1-1/2 cups Robert Rothschild Farm Chili Lime Sauce
- 1 4 oz. can diced green chiles
- 1 cup corn (canned or frozen)
- 1 cup black beans (canned)
- 1 cup panko bread crumbs
- 1 quart chicken broth
- 1/2 cup Sandling or Turbinado Sugar*
- 1 jar marinara sauce
- Italian bread loaf
- jarred roasted red bell peppers
- vanilla extract
- 1 1/2 cups chocolate chips
- 3/4 cup Pilsner beer
- 1/4 cup prepared horseradish
- 1 1/2 cups (240 g) bulgur wheat
- 2 Southwest suddenly grain salad kits
- 2 1/2 cup of oats
- 1 cup peanut butter

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