

Grocery List

Produce

- 4 cloves of garlic
- 3 green onions
- 2 large onions
- 1/2 green bell pepper
- 1/2 red bell pepper
- 1 cup shredded carrots
- 4 cups loose baby spinach
- 1 large avocado
- 2 tablespoons fresh cilantro leaves
- 2 tablespoons chopped fresh cilantro
- 3 stalks celery
- 4 carrots
- 2 potatoes
- 1 bay leaf
- 1/3 cup fresh parsley

Refrigerated/Frozen

- 1 cup frozen vegetable mix
- 2 3/4 cups shredded mozzarella cheese
- 1/2 cup ricotta cheese
- 1 5-count can of homestyle biscuits
- 1 1/2 cups shredded cheese of choice
- sour cream
- 2 1/4 cup milk
- 1/4 cup Parmesan cheese
- 1/2 cup vanilla yogurt
- 1 1/2 cup frozen blueberries
- 1/2 cup frozen peas

Meat/Poultry/Seafood

- 2 1/2 pounds boneless and skinless chicken breasts
- 1 Jimmy Dean Regular Sausage
- 1 cup diced grilled chicken (1 b/s chx breast)
- 4 strips bacon

Pantry

- 4 cups of pasta sauce of choice
- 12 lasagna noodles
- 10 manicotti noodles
- 1 teaspoon ranch dressing seasoning mix
- 2 tablespoons Thai red curry paste
- 1 tablespoon Thai chili paste
- 1/4 teaspoon crushed red pepper
- 1 teaspoon poultry seasoning

- 3 tablespoons apple cider vinegar
- 2 quarts chicken broth
- 7 ounces unsweetened coconut milk (half a can)
- 3 cups Homemade Baking Mix
- 1 cup baking mix (Bisquick)
- 1 cup + 2 tablespoons flour
- 2 cups gluten free all-purpose flour + 1 tablespoon
- 3 teaspoons baking powder (without wheat starch)
- 3 tablespoons raw turbinado sugar
- 1/2 cup light brown sugar
- 1/2 cup granulated sugar
- 3 tablespoons sliced almonds
- 1 teaspoon xanthan gum
- powdered sugar
- 6 tablespoons Nutella
- 1/2 cup all-natural creamy peanut butter
- 1 cup quinoa

Pantry Staples

- Olive oil (at least 2 tbsp)
- Extra Virgin Olive Oil (at least 2 tbsp)
- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (at least 1/2 cup)
- Canola Oil (at least 1/4 cup)
- Eggs (at least 1/2 dozen)