



Grocery List

Produce

- 3 onions
- 7 cloves garlic
- 4 oz. arugula
- 2 medium sweet potatoes
- 4 large poblano peppers
- 1 1/2 cups corn kernels
- 1 lime
- 8 cups green cabbage, shredded
- 1 bunch of green onions
- 1/2 cup chopped cilantro
- 2 celery ribs
- 3 cups butternut squash cubes
- 1 red onion
- 2 tablespoons fresh dill
- sage
- thyme
- 1 avocado
- pico de gallo
- leafy greens (for sandwich)
- microgreens (optional)
- toasted pumpkin seeds (optional)

Refrigerated/Frozen

- 4 ounces crumbled goat's cheese
- 1/4 cup whole milk
- 4 ounces softened cream cheese
- 2 cups monterey jack cheese
- 1 cup sour cream
- 3 cups heavy cream
- 1 cup butter plus 2 tbsp
- 2 cups milk
- 3 cups of shredded cheddar cheese, divided

Meat/Poultry/Seafood

- 2 pounds sweet Italian sausage
- 1 1/2 pounds fully-cooked shredded chicken breast
- 1 pound ground beef or ground round
- 3 cups cooked Jennie-O Oven Ready Cajun Style Turkey, diced
- 1/3 cup chopped pecans

Pantry

- 4 cups chicken stock
- 2 cups red lentils
- 2 28-ounce cans diced tomatoes in tomato juice
- 2 tablespoons maple syrup
- 1/2 teaspoon cayenne pepper

- 3/4 cup tomatillo salsa
- 2 tablespoons grapeseed oil
- 1 tablespoon honey
- 6 cups vegetable broth
- 1 14-ounce can diced tomatoes, drained
- crushed red pepper flakes
- 9 ounces packaged ramen
- 1 sleeve graham crackers (9 whole crackers)
- 1 cup chocolate chips
- 1 cup coconut
- 1 cup chopped pecans
- 7 oz sweetened condensed milk
- 3 cups granulated sugar
- vanilla extract
- 4 1/2 cups flour
- 1 tsp baking soda
- 1 tsp cream of tartar
- 1 package instant pistachio pudding mix
- 1 taco seasoning packet
- 1 can of black beans, rinsed and drained
- 12 flour tortillas
- 1 8oz can of enchilada sauce
- 1/2 cup mayo
- 4 croissants
- 1 1/3 cup dried cranberries
- 1 cup chopped pistachios
- 1 cup white chocolate chips
- 1/2 teaspoon smoked paprika

Pantry Staples

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