



## Grocery List

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### *Produce*

- 1 large onion
- 4 cloves of garlic
- 2 cups of broccoli florets
- 2 small red onions
- 1/2 cup fresh parsley
- 1 cup fresh cilantro
- 3 large sweet potatoes
- 1/2 cup lemon juice
- 1 lemon

### *Refrigerated/Frozen*

- 1 cup heavy whipping cream
- 1 cup Parmesan cheese
- 1 cup plain Greek yogurt
- 5 slices cheddar cheese
- 1/3 cup almond milk or coconut milk
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 2 tablespoons whole milk

### *Meat/Poultry/Seafood*

- 1 pound ground chicken
- 2 pounds chicken breasts
- 2 pounds ground sirloin (93%/7%)

### *Pantry*

- 1/3 cup + 2 teaspoons buffalo sauce
- 12 ounces Robert Rothschild Artichoke Spinach Dip
- 4 tbsp Worcestershire
- 1 cup ketchup
- 2 tablespoons mustard
- 1 cup mayonnaise
- 16 ounces of spaghetti or linguine noodles
- 1 pound pasta
- 15 saltine crackers
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Beau Monde
- 1 teaspoon dried dill
- 1 8oz. can tomato sauce
- 1 1/2 tsp creole seasoning
- 1/8 teaspoon cinnamon
- 3 teaspoons vanilla extract

- 1 1/2 teaspoon lemon extract
- 1/4 teaspoon chipotle chili powder
- 1/4 teaspoon crushed red pepper
- 2/3 cup light brown sugar
- 1 1/2 cup sugar
- 2 cups powdered sugar
- 1 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 2 1/4 cup flour
- 1 teaspoon garlic powder
- 3/4 cup coconut flour
- 2 tablespoons ground flax seeds
- 9 slider buns or rolls
- 2 tablespoons white wine vinegar
- 2 tablespoons coconut oil

### *Pantry Staples*

- Olive oil (at least 1/2 cup)
- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (at least 1 stick)
- Canola Oil
- Eggs (at least 9)