



Grocery List

Produce

- 3 large avocados
- 1/2 cup chopped cilantro
- 5 cloves of garlic
- 1 small jalapeño
- 2 tablespoons lime juice
- 2 small onions
- 2 green onions
- 1 head of lettuce
- 1 1/2 pints raspberries
- 1 cup strawberries
- 1 cup blueberries
- 1 pound green beans
- 1 1/2 pounds small white potatoes
- 1-1/2 cups fresh pineapple chunks
- 2 small zucchini
- 2 cups of watermelon
- 3-4 fresh mint leaves

Refrigerated/Frozen

- 1 package frozen french fries
- 1/3 cup + 2 tbsp milk
- 1 cup heavy cream
- 1 cup Parmesan cheese
- 1 (20-ounce) package cheese tortellini
- 3/4 cup sour cream
- 1 1/2 cups frozen blueberries
- 1/4 cup of feta cheese

Meat/Poultry/Seafood

- 1 1/2 pound ground chicken
- 1 package Hillshire Farm® Beef Smoked Sausage
- 4 bone-in pork chops, 1" thick

Pantry

- 1 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons smoked paprika
- 1/2 teaspoon chili powder
- 1 tablespoon cajun seasoning
- pinch of cayenne

- 1/4 teaspoon ground cumin
- 1 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground cinnamon
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon coconut oil
- 4 burger buns
- 1 package of quinoa
- 1 cup Robert Rothschild Raspberry Pineapple Sauce
- 1 box Jiffy cornbread mix
- 1 can cream-style corn
- 3 1/2 cups + 2 tablespoons all-purpose flour
- 2 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 2 teaspoons vanilla extract
- 4 ounces semisweet chocolate
- 1/3 cup cocoa powder
- 1 cup chopped hazelnuts
- 1 cup Nutella
- 1/2 cup rolled oats
- 1 cup chopped hazelnuts
- 1 cup Nutella

Pantry Staples

- 1/4 cup vegetable or canola oil
- 6 eggs
- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (at least 4 sticks)
- Olive Oil (6 tablespoons)