

## **Grocery List**

□3 tablespoons chili powder

Produce	□2 tablespoons ground cumin
□3 onions	□2 tablespoons hot sauce
□ 12 cloves garlic	□1 cup white wine
□1 rib celery	□2 bay leaves
□ 3 pounds Yukon gold potatoes	□1 teaspoon sage
□ 1 onion	□14 ounces chicken broth
□1 to 2 apples	□14 ounces pumpkin puree
□4 garlic cloves	□2¼ teaspoon cinnamon
□parsley	□3/4 cup House of Tsang's General Tso Stir-Fry Sauce
□lemon	□12 ounces packaged ramen noodles
□2 cups broccoli florets	□½ teaspoon nutmeg
□1 red bell pepper	□16 ounces pasta
□2 cups sliced carrots	□1/2 cup + 5 tablespoons of flour, more as needed
□2 tablespoons sliced green onions	□3/4 cup brown sugar
□ 1 tablespoon chopped cilantro	□1/4 cup granulated sugar
□4 cloves of garlic	□1/4 cup cornstarch
□ 1 teaspoon ginger paste of freshly grated ginger	□1/4 cup amaretto liqueur
□ 6 ounces crimini mushrooms	□1/2 cup pumpkin sauce
	□1 14 oz. can sweetened condensed milk
Refrigerated/Frozen	□1 12 oz. package of chocolate chips
□ sour cream	□2 tsp instant expresso powder
□ shredded cheese for topping	□1 tsp vanilla
□ parmesan cheese	□¾ cup chopped pecans
□½ cup heavy whipping cream	□2 tbsp butter
□5 cups frozen mixed berries of choice	□2 carrots, diced
□ 2 1/2 boxes refrigerated pie crust (2 rolls per box)	□1 onion, chopped
□ 1/2 cup plus 2 tbsp butter	□1 rib celery, diced
□ whipped cream topping	□1 bay leaf
□ 2/3 cup milk	□3 tbsp flour
□1 cup frozen peas	□1 quart chicken broth
	□2 cups bisquick
Meat/Poultry/Seafood	□⅓ cup milk
□3 pounds bacon	□1 tsp dried parsley
□2 pounds ground beef	
□ 1 pound sweet italian sausage	
□ 3 to 4 pounds boneless, skinless chicken breast	Pantry Stanlas
□ 1 pound fresh salmon	Pantry Staples
· pound noon ounner.	□ 6 eggs
Pantry	<ul> <li>Salt (both kosher and sea salt)</li> </ul>
□ 1/2 cup Smucker's Fruit & Honey Strawberry	□Black Pepper
Jalapeno Fruit Spread	□creole seasoning (optional)
□1 teaspoon garlic powder	□ Canola Oil/Vegetable Oil
□ 32 ounces beef broth	<ul> <li>Olive Oil (regular and extra virgin)</li> </ul>
□ 2 6-ounce tomato paste	□Nonstick Spray
□ 2 15-ounce cans fire roasted diced tomatoes	□coconut oil
□ 2 cups shredded sharp cheddar cheese	
=	