



Grocery List

Produce

- 3 onions
- 12 cloves garlic
- 1 rib celery
- 3 pounds Yukon gold potatoes
- 1 onion
- 1 to 2 apples
- 4 garlic cloves
- parsley
- lemon
- 2 cups broccoli florets
- 1 red bell pepper
- 2 cups sliced carrots
- 2 tablespoons sliced green onions
- 1 tablespoon chopped cilantro
- 4 cloves of garlic
- 1 teaspoon ginger paste of freshly grated ginger
- 6 ounces crimini mushrooms

Refrigerated/Frozen

- sour cream
- shredded cheese for topping
- parmesan cheese
- ½ cup heavy whipping cream
- 5 cups frozen mixed berries of choice
- 2 1/2 boxes refrigerated pie crust (2 rolls per box)
- 1/2 cup plus 2 tbsp butter
- whipped cream topping
- 2/3 cup milk
- 1 cup frozen peas

Meat/Poultry/Seafood

- 3 pounds bacon
- 2 pounds ground beef
- 1 pound sweet italian sausage
- 3 to 4 pounds boneless, skinless chicken breast
- 1 pound fresh salmon

Pantry

- 1/2 cup Smucker's Fruit & Honey Strawberry Jalapeno Fruit Spread
- 1 teaspoon garlic powder
- 32 ounces beef broth
- 2 6-ounce tomato paste
- 2 15-ounce cans fire roasted diced tomatoes
- 2 cups shredded sharp cheddar cheese
- 3 tablespoons chili powder

- 2 tablespoons ground cumin
- 2 tablespoons hot sauce
- 1 cup white wine
- 2 bay leaves
- 1 teaspoon sage
- 14 ounces chicken broth
- 14 ounces pumpkin puree
- 2¼ teaspoon cinnamon
- 3/4 cup House of Tsang's General Tso Stir-Fry Sauce
- 12 ounces packaged ramen noodles
- ½ teaspoon nutmeg
- 16 ounces pasta
- 1/2 cup + 5 tablespoons of flour, more as needed
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 1/4 cup cornstarch
- 1/4 cup amaretto liqueur
- 1/2 cup pumpkin sauce
- 1 14 oz. can sweetened condensed milk
- 1 12 oz. package of chocolate chips
- 2 tsp instant espresso powder
- 1 tsp vanilla
- ¾ cup chopped pecans
- 2 tbsp butter
- 2 carrots, diced
- 1 onion, chopped
- 1 rib celery, diced
- 1 bay leaf
- 3 tbsp flour
- 1 quart chicken broth
- 2 cups bisquick
- ¾ cup milk
- 1 tsp dried parsley

Pantry Staples

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