

# Grocery List - Week 73

# Produce

- □ 1 cup of cherry tomatoes
- □ 1 head of lettuce of choice
- □ 1 bell pepper
- □ 2 large onions
- □ 10 cloves of garlic
- □ ½ teaspoon oregano
- □ 1 tablespoon + 1/2 teaspoon basil
- □ 2 bay leaves
- □ 1 tbsp cilantro
- □ 2 cups sweet cherries (use frozen if not in season)
- □ 1 cup baby arugula
- □ 1 small shallot
- □ 2 Honeycrisp apples

# Refrigerated/Frozen

- □ 1 cup of avocado dressing
- □ ½ cup shredded parmesan cheese
- □ 1 cup of cojita cheese
- □ 12 slices mozzarella cheese
- □ 16 oz. container of cottage cheese
- $\ \square$  3½ to 4 cups shredded Colby Jack cheese
- □ 3 1/2 cups sharp cheddar cheese
- □ 16 ounces cream cheese, softened
- □ 5 1/2 cups milk
- □ 1 cup sour cream
- □ 2/3 cup buttermilk
- □ 1 can cream of chicken soup

# Meat/Poultry/Seafood

- □ 1 pound of hamburger meat
- □ 4 pounds boneless, skinless chicken breasts
- □ 1½ lb. ground sirloin
- □ 1 lb. breakfast sausage

### Pantry

- □ 12 buns or rolls
- □ 1½ tsp. creole seasoning
- □ 1 tbsp + 2 tsp chili powder
- □ 2 tsp cumin
- □ 1 8 oz. can tomato sauce
- □ 2 14.5 oz. can diced tomatoes
- □ 1 4 oz. can diced green chiles
- 1 14.5 oz can black beans, drained and rinsed

- □ 9 lasagna noodles, uncooked
- sliced black olives
- □ 1 tablespoon sunflower oil
- □ 1/2 cup whole wheat flour
- □ 1/2 cup Italian-style bread crumbs
- □ 1 tablespoon red wine vinegar
- □ 8 ounces macaroni
- □ 6 1 (14.5-ounce) can fire-roasted diced tomatoes
- □ 3 tablespoons canned diced green chiles
- □ 4 1/4 cups + 2 tablespoons all-purpose flour
- □ 32 oz of vegetable broth
- □ 2 14 oz cans of roasted tomatoes
- □ 2 cups cornmeal
- □ 1/4 cup baking powder
- □ 8 1 inch thick slices of challah bread
- □ 1/4 cup brown sugar
- □ 2 cups + 3 tablespoons granulated sugar
- □ 3 teaspoons cinnamon
- □ 1 teaspoon cornstarch
- □ 1 teaspoon ground cardamom
- □ pinch of nutmeg
- □ 3 teaspoon vanilla extract
- □ 2 tablespoons sliced almonds
- □ 1 3/4 cups confectioner's sugar
- □ 1 (4 ounce) bittersweet chocolate
- □ 1 (1-ounce) bottle red liquid food coloring
- 1 packet of taco seasoning (or homemade)
- 1 16 oz package of bowtie pasta
- □ 1 can of corn
- □ 12 ounces tomato paste
- □ 28 ounces crushed tomatoes

#### Pantry Staples

- □ Salt (both kosher and sea salt)
- □ Black Pepper
- □ Unsalted Butter (2 1/2 cups)
- □ Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- □ Eggs (at least 20)