

Shopping List

Meat

- 1 pound Italian sausage
- 1 pound lean pork
- 1 lb. turkey cutlets
- 6 oz. pancetta, in deli

Produce

- 3 bananas
- 10 cloves garlic
- 2 onions
- 7 Russet potatoes
- 2 cups kale
- 2 Cups of Mushrooms
- 2 medium spaghetti squash
- 6 cups chopped romaine lettuce
- 2 pears
- 1 cup strawberries
- 4 Potatoes, diced into 1" chunks
- 3 Carrots
- 3 Celery Stalks
- 10 ounces of spinach
- 1 (12oz) bag broccoli slaw
- 1 red bell pepper
- scallions
- Fresh ginger

Dairy

- 7 eggs
- 2 ¼ cup milk

- 1/4 cup plain or Greek yogurt or sour cream
- 3 Tablespoons milk or buttermilk
- 3 oz. cream cheese, softened
- 2 ¼ cups milk
- 6 tbsp. butter
- 1 cup half and half
- 1 pkg. goat cheese

Dry and Canned Goods

- ½ cup walnuts
- 1 cup chocolate chips
- 1/2 cup canned pumpkin puree (not pumpkin pie filling)
- 4 cups chicken broth
- 2 cups of stock of your choice
- ¼ cup red wine
- 1 tbsp. tomato paste
- Poppy seeds, in spice aisle
- 1 cup pecan pieces
- 1/3 cup dried cranberries
- 1/3 cup mayonnaise
- Sesame oil
- chili garlic powder, in international aisle
- Soy sauce
- Rice vinegar
- Hoisin sauce
- fish sauce, optional
- ½ cups white rice, optional
- 1/2 cup walnut pieces

Pantry

Pantry items are items i think of as staple ingredients. I realize I cook more than some, so they are listed out below, so you can check your pantry before you go shopping.

- cinnamon
- ground nutmeg
- all-purpose flour
- sugar
- baking cocoa
- baking powder
- salt
- vegetable oil
- vanilla
- baking soda
- Olive Oil
- Red pepper flakes
- Salt
- Pepper
- sage
- thyme
- Apple cider vinegar
- garlic powder
- brown sugar
- red wine vinegar