

GROCERY LIST SHOPPING



- TUNA - 12OZ
- WHOLE CHICKEN
- SAUSAGE - FOR PIZZA
- CHUCK ROAST 2LBS
- CHEESE TORTELLINI 18 OZ
- SOURDOUGH BREAD
- SOURDOUGH STARTER
- FLOUR
- MILK
- EGGS
- BUTTER
- VANILLA
- HONEY
- OLIVE OIL
- AVOCADO OIL
- CHICKEN & BEEF BROTH
- RICE - WHITE OR WILD/BROWN BLEND
- ONION
- GARLIC
- CELERY
- CARROTS
- BELL PEPPER
- BUTTERNUT SQUASH OR SWEET POTATOES

GROCERY LIST SHOPPING



- GINGER
- PINEAPPLE
- FROZEN PEAS
- CASHEWS
- RAW PECANS OR WALNUTS
- SOY SAUCE - I USE COCONUT AMINOS
- MAYONNAISE
- SRIRACHA SAUCE
- TOMATO SAUCE 15 OZ CAN
- BREAD CRUMBS
- DRIED CRANBERRIES
- PARMESAN CHEESE
- CINNAMON
- CURRY
- ITALIAN SEASONING
- OREGANO
- THYME
- BASIL
- PARSLEY
- GARLIC POWDER
- ONION POWDER
- SUGAR
- SALT
- PEPPER

GROCERY LIST SHOPPING



OPTIONAL INGREDIENTS

- POWDERED SUGAR
- CILANTRO
- RED PEPPER FLAKES
- SCALLIONS
- SESAME SEEDS
- CHINESE 5 SPICE