

GROCERY LIST

SHOPPING



- CHICKEN THIGHS (BONELESS-SKINLESS) 3-4 LBS
- GROUND BEEF (4 LBS)
- SLICED HAM (2 CUPS)
- CHICKEN STOCK
- SOURDOUGH STARTER
- SOURDOUGH BREAD
- SMALL DRY PASTA
- RICE
- OATS
- MILK
- EGGS
- BUTTER
- SOUR CREAM
- GREEK YOGURT
- FETA CHEESE
- CHEDDAR CHEESE
- GARLIC CLOVES
- GINGER (NOT NECESSARY, BUT DELICIOUS)
- ONIONS
- CELERY
- CARROTS
- CAULIFLOWER
- POTATOES
- SWEET POTATOES
- RED PEPPER
- MUSHROOMS

GROCERY LIST SHOPPING



- OLIVE OIL
- COCONUT OIL
- SESAME OIL
- LEMON JUICE
- HONEY
- BROWN SUGAR (I USED COCONUT SUGAR)
- VANILLA
- BAKING SODA
- CORNSTARCH
- SOY SAUCE (I LIKE TO USE COCONUT AMINOS)
- RICE VINEGAR (NOT A NECESSARY INGREDIENT)
- RED WINE VINEGAR
- KETCHUP
- MUSTARD
- CAN OF CRUSHED TOMATOES
- CAN OF CANNELLONI BEANS
- SALT
- PEPPER
- CINNAMON
- CUMIN
- TURMERIC
- GARLIC POWDER
- CAYENNE PEPPER
- RED PEPPER FLAKES
- ROSEMARY
- PAPRIKA

GROCERY LIST SHOPPING



- BASIL
- THYME
- RED PEPPER FLAKES

EXTRA GARNISHES - OPTIONAL

- DRIED CHERRIES OR CRANBERRIES
- CILANTRO
- CHOPPED PISTACHIOS OR ALMONDS
- GREEN ONIONS
- SESAME SEEDS