

# MASTER SHOPPING LIST

## Items from Store

### PRODUCE

- (2) Red Onion
- (3) White Onion
- Celery
- Salad Greens; 40 oz
- Carrots; 1 pound
- Broccoli; 1 head
- Snow Peas; 12 oz
- Acorn Squash
- Kale; approx 1/2 pound
- Cabbage; 1/2 pound
- Green Onions
- Fresh Garlic (1 head)
- Ginger Root
- Mushrooms; 1/2 pound
- Apple
- Fruit for Fruit Salad
- Fresh Vegetables for Salad

### MEATS

- Boneless, Skinless Chicken (6 lbs)

### FROZEN

- Frozen Artichokes

### DRY GOODS

- Italian Salad Dressing (optional)
- Marsala Wine or Dry Sherry
- Mirin
- Mango Fruit Spread or Jam
- Sliced Almonds
- Tortillas or Wraps; 8 ct
- Rotini Pasta; 8 oz
- Rice; 1 pound
- Cannellini Beans; dried (1 lb)

### DAIRY

- Mozzarella Cheese; 8oz shredded

### CANNED

- Black Olives

## Items from Pantry

### SAUCES/CONDIMENTS

- Red Wine Vinegar
- Rice Vinegar
- Olive Oil
- Vegetable Oil
- Sesame Oil
- Soy Sauce
- Dijon Mustard
- Mayonnaise
- Mustard
- Honey

### DRY GOODS

- Oregano
- Basil
- Garlic Powder
- Onion Powder
- Thyme
- Rosemary
- Parsley
- Salt
- Seasoned Salt
- Ground Pepper
- Sesame Seeds
- All Purpose Flour
- Baking Soda
- Cornstarch

### DAIRY

- Egg
- Butter
- Milk

### MISC.

- Vegetable Broth
- Chicken Broth