

MASTER SHOPPING LIST

Items from Store

PRODUCE

- Fresh Garlic; 2 heads
- Ginger
- Onion; 2 lbs
- Green Onions
- Green Beans, Fresh or Frozen; 1 lb
- (3) Tomato
- (1) Red Pepper
- (1) Bell Pepper
- Jalapeno Pepper
- (2) Roma Tomatoes
- Broccoli; 2 medium heads
- Celery
- (1) Sweet Potato
- Ginger
- Kale; 4 oz
- Salad Greens; 40 oz
- Fresh Vegetables for Salad
- (1) Apple; large

MEATS

- Ground Beef; 3 lbs
- Pork Loin Chops; 4 lbs
- Boneless, Skinless Chicken; approx 1 1/2 lb
- Bacon

FROZEN

- Tortellini; 16 oz

DRY GOODS

- Rice
- Linguine; 8 oz
- Rotini Pasta; 8 oz
- Cannellini Beans
- Black Beans; dried, 1 lb
- Tortillas; 8 ct
- Sliced Almonds
- Dried Cranberries

DAIRY

- Cheddar Cheese; 8 oz

CANNED

- (3) Diced Tomatoes; 14.5 oz

MISC.

- Sweetened Cranberry Juice

Items from Pantry

SAUCES/CONDIMENTS

- Olive Oil
- Mild Oil like Safflower
- Soy Sauce
- Honey
- Balsamic Vinegar
- Red Wine Vinegar
- Lemon Juice

DRY GOODS

- Cornstarch
- Brown Sugar
- Sugar
- Dried Mustard
- Red Pepper Flakes
- Seasoned Salt
- Garlic Powder
- Onion Powder
- Black Pepper
- Cumin
- Oregano
- Coriander (optional)
- Rosemary
- Basil
- Thyme
- Bay Leaf
- Sesame Seeds
- Cajun Seasoning Mix (optional)
- Taco Seasoning Mix (optional)

DAIRY

- (3) Eggs

MISC.

- Beef Broth
- Vegetable Broth (optional)