

# GROCERY LIST

## PROTEIN

- 2 **WHOLE CHICKENS** (OR 2 SKINLESS, BONELESS BREASTS; 2 SKIN-ON, BONE-IN BREASTS; 4 LEGS; 4 WINGS)
- 3 **CURED CHORIZO SAUSAGES** (ABOUT 100 G EACH)
- 4 **HADDOCK FILLETS** (ABOUT 150 G EACH)
- 1 **DOZEN EGGS**

## VEGETABLES AND GRAINS

- 8 **SWEET BELL PEPPERS**
- 1 **LARGE BAG ONIONS** (ABOUT 7)
- 2.5-KG **BAG YUKON GOLD POTATOES**
- 2 **BUNCHES KALE**
- 3 **HEADS GARLIC**
- 750-G **PKG LONG-GRAIN RICE**
- 375-G **PKG TAGLIATELLE PASTA**
- 4 **100-G PKG WALNUT HALVES**
- 2 **796-ML CAN PLUM TOMATOES**

- 2 **500-G PKGS FROZEN SHELLLED EDAMAME**

## DAIRY

- 500 **ML 35% CREAM**
- 300 **G PARMESAN**

## PANTRY STAPLES

- CANOLA OIL**
- OLIVE OIL**
- DARK SESAME OIL**
- SOY SAUCE**
- MILK**
- UNSALTED BUTTER**
- WHITE BALSAMIC VINEGAR**
- PAPRIKA**
- HOT-RED-CHILI FLAKES**
- SALT**
- PEPPER**
- GRANULATED SUGAR**
- GROUND CINNAMON**
- SEA SALT**
- VANILLA**
- DRY PASTA**