

GROCERY LIST

PRODUCE

- ☐ 4 YUKON GOLD POTATOES
- ☐ 2 LARGE CELERY ROOTS
- ☐ 5 ONIONS
- ☐ 1 GREEN CABBAGE
- ☐ 2 MEDIUM CARROTS
- ☐ 1 BUNCH CELERY
- ☐ 1 HEAD BOSTON LETTUCE
- ☐ 142-G PKG ARUGULA
- ☐ 1 BUNCH CILANTRO
- ☐ 3 GREEN ONIONS
- ☐ 400-G PKG CUBED BUTTERNUT SQUASH
- ☐ 1 LARGE ZUCCHINI
- ☐ 1 HEAD GARLIC
- ☐ 1 KNOB GINGER
- ☐ 1 LEMON
- ☐ 2 LIMES
- ☐ 1 GALA APPLE

PROTEIN

- ☐ 450 G LEAN GROUND BEEF
- ☐ 4 SKINLESS SALMON FILLETS
- ☐ 8 SKINLESS, BONELESS CHICKEN THIGHS
- ☐ 375-G PKG BACON

DRY GOODS

- ☐ 1 LOAF ITALIAN BREAD
- ☐ 900 ML LOW-SODIUM BEEF BROTH

- ☐ 900 ML NO-SALT VEGETABLE BROTH

- ☐ 796-ML CAN DICED TOMATOES

- ☐ 540-ML CAN NAVY BEANS

- ☐ TOMATO PASTE

- ☐ CHOPPED WALNUTS

- ☐ SALTED PEANUTS

FROZEN

- ☐ GREEN PEAS

PANTRY STAPLES

- ☐ CANOLA OIL

- ☐ OLIVE OIL

- ☐ RED WINE

- ☐ WHITE WINE

- ☐ CIDER VINEGAR

- ☐ WORCESTERSHIRE SAUCE

- ☐ SRIRACHA

- ☐ FISH SAUCE

- ☐ HONEY

- ☐ SMOOTH NATURAL PEANUT BUTTER

- ☐ THYME LEAVES

- ☐ GRANULATED SUGAR

- ☐ SALT

- ☐ PEPPER

- ☐ MILK

- ☐ BUTTER

- ☐ UNSALTED BUTTER