



# Grocery list

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## PRODUCE

- ☐ 1 head garlic
- ☐ 2 small onions
- ☐ 1 bunch broccoli
- ☐ fresh basil
- ☐ 1 bunch parsley
- ☐ 1 chili pepper
- ☐ 2 small bunches collard greens
- ☐ 3 lemons
- ☐ 1 carrot
- ☐ 1 head celery
- ☐ 142-g arugula
- ☐ 4 Yukon Gold Potatoes

## PROTEIN

- ☐ 3 skinless, boneless chicken breasts
- ☐ 4 salmon fillets, about 750 g
- ☐ 1 flank steak, about 750 g

## DAIRY

- ☐ ricotta
- ☐ parmesan
- ☐ 35% cream

## DRY GOODS

- ☐ 400-mL can coconut milk
- ☐ 3 796-mL cans whole tomatoes
- ☐ 540-mL can white beans (no salt added)
- ☐ chicken broth
- ☐ vegetable broth (no salt added)
- ☐ oil-packed sundried tomatoes
- ☐ rigatoni

## CHECK YOUR

**PANTRY** for soy sauce, fish sauce, honey, cornstarch, canola oil, horseradish, Dijon, salt, pepper, olive oil, butter, hot-red-chili flakes