Grocery List

Do not include the baking project ingredients

Fresh Produce

Onions: 7 medium
Garlic: 4 cloves
Red pepper: 1 medium
Green pepper: 1 medium
Yellow pepper: 1 medium
Lime: 4
Orange: 2
Parsley: 1 small bunch
Basil leaves: 1 small bunch
Cilantro: 1 small bunch
Fresh thyme: 1 small bunch
Potatoes: 3 lb (Russet or Yukon)

Meat/Seafood

Fresh Italian sausage: 1 lb (453 g)
Flank steak: 2 lb (900 g)
Pork loin: 4–5 lb
Skinless, boneless cod fillets: 4–5 fillets (600–750 g)

Refrigerated

Heavy cream: 2 ¾ cups
Unsalted butter: 13 tablespoons
Gruyere cheese: 2 cups
Melty cheese: 2 cups
Parmesan cheese: 1 ½ cups
Half and half: 1 cup

Spices/Seasonings

Salt: 7 teaspoons (approx.)
Black pepper: 3 teaspoons
Crushed red pepper flakes: ½ teaspoon (optional)
Garlic powder: 7 teaspoons
Onion powder: 7 teaspoons
Chili powder: 2 teaspoons
Cumin: 2 teaspoons
Paprika: 3 teaspoons
Bay Leaves: 1 (dry)

Others

_____

_____

_____

_____

Pantry

Penne pasta: 1 lb (454 g)
Tomato sauce: 2 cans (16 oz total)
Diced tomatoes: 1 can (14.5 oz/411 g)
Tortillas: 8–10 (flour or corn)
Beef broth: 6 cups
Vegetable broth: ½ cup
Brown sugar: ½ cup
Balsamic vinegar: ⅓ cup
Honey: ½ cup
All-purpose flour: 1 tablespoon
Cornstarch: 1 tablespoon
Olive Oil: 4 tablespoons
Soy Sauce: 2 tablespoons
Oil: 5 tablespoons
White Wine: ¾ cup
Baguette or crusty bread: 10–12 slices
Worcestershire sauce: 1/2 teaspoon
Dijon Mustard: 2 tablespoons