Grocery List

Do not include the baking project ingredients

Fresh Produce

Onions: 2 medium
Potatoes: 1 medium
Carrots: 2 medium
Celery: 2 stalks
Garlic: 1 bulb (for 6 cloves)
Cilantro: 1 bunch
Parsley: 1 bunch
Green Onion: 1
Green Bell Pepper: 1 medium
Ginger: 1 small piece (~1 inch)
Lime/Lemon: 2
Shallot: 1 medium

Others

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Refrigerated

Heavy Cream: ½ cup
Grated Melty Cheese: 1 ½ cup (such as Cheddar)

Meat/Seafood

Chicken Breast: 4 lb (skinless, boneless)
Beef Stew Meat: 2 lb
Salmon: 4 fillets (6–8 oz each)
Tuna: 12 oz can (chunk tuna in water)

Spices/Seasonings

Garlic Powder: 2 tablespoons
Onion Powder: 1 tablespoons
Dried Oregano: 1 teaspoons
Dried Thyme: 1 teaspoons
Bay Leaves: 1 (dry)
Dill weed: ½ teaspoon
Salt: 1 ½ teaspoons
Black Pepper: 1 teaspoon

Pantry

Chicken Bouillon: 4 cubes
Beef Bouillon: 1 cube
Chicken Stock: 1 ¾ cups
Pasta: 1 ½ cups (about 6oz/170g)
White Rice: 1 cup
Enchilada Sauce: ½ cup
Diced Tomatoes: 1 can (14.5 oz)
Black Beans: 1 can (15 oz)
Breadcrumbs: ½ cup
All-Purpose Flour: ¼ cup
Dijon Mustard: 2 teaspoons
Cornstarch: ¼ cup + 1 TB
Worcestershire Sauce: ¼ cup
Soy Sauce: ¾ cup low sodium
Rice Vinegar: ⅓ cup
Tomato Paste: 2 tablespoons
Red Wine: 1 cups (optional)
Olive Oil: 6 tablespoons
Canola Oil: 3 tablespoons
Brown Sugar: 4 tablespoons
Sesame Seeds: 1 teaspoon (optional)
Vegan Mayo: 4 tablespoons