

# Grocery List

Do not include the baking project ingredients

## Fresh Produce

Onion: 2 medium  
Red onion: 1 medium  
Mixed Bell peppers: 3 medium  
Garlic: 18 cloves  
Lemons: 6  
Orange: 1  
Cherry tomatoes: 1 cup  
Fresh mixed greens: 6 oz bag  
Fresh parsley: 1 small bunch  
Fresh ginger: 1 tablespoon  
Mushrooms: 16 oz

## Others

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## Refrigerated

Butter: 8 tablespoons (112 g)  
Feta cheese: 1 cup  
Hummus: 1 cup  
Falafels (fully cooked): 8-12

## Meat/Seafood

Chicken breasts (skinless/boneless): 2 lb (about 4-5 breasts)  
Boneless pork stew: 2 lb  
Brisket: 3 lb beef  
Shrimp (large): 1 lb

## Spices/Seasonings

Salt: 5 teaspoons approx.  
Black pepper: 1 teaspoon approx.  
Dried oregano: 4 teaspoons  
Onion powder: 1 teaspoon  
Cumin: 1 teaspoon  
Smoked paprika: 1 teaspoon  
Sweet paprika: 1 teaspoon  
Ground peri-peri: 1 teaspoon  
Dried bay leaves: 2  
Crushed red pepper flakes: 1/4 teaspoon

## Pantry

Pineapple chunks in pineapple juice: 20 oz can  
Low-sodium chicken stock: 2 ½ cups  
Madeira wine: 1 ½ cups  
Olive oil: ⅔ cup (160 ml)  
Vegetable oil: 2 tablespoons  
Soy sauce: 2 tablespoons  
Honey: 4 tablespoons  
Brown sugar: 4 tablespoons  
Apple cider vinegar: 2 tablespoons  
Liquid smoke: 1 tablespoon  
Black olives: ½ cup  
Chipotle peppers in adobo sauce: 1 small can  
Cornstarch: 3 tablespoons