

# Grocery List

Do not include the baking project ingredients

## Fresh Produce

Garlic: 15 cloves  
Onion: 1 medium  
Avocado: 1  
Lemon: 3  
Potatoes: 6 medium (2 lb - 900 g)  
Parsley: 1 small bunch  
Cilantro: 1 small bunch

## Meat/Seafood

Ground chicken (93% lean): 1 lb - 500 g  
Chicken breasts: 4 (2 lb - 900g)  
Bone-in chicken thighs: 6 -8 (2 - 3 lb (900 g – 1300 g)  
Pork chops (bone-in, thick-cut): 6  
Bacon: 8 slices

## Others

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## Refrigerated

Parmesan cheese: 1 ¼ cups  
Cheddar cheese: ½ cup  
Mascarpone or cream cheese: 4 oz  
Butter: ¼ cup  
Heavy cream: 3 cups  
Plain yogurt, ricotta cheese, or buttermilk: ¼ cup  
Frozen peas: 16 oz (2 cups)

## Spices/Seasonings

Kosher salt: 6 teaspoons  
Black pepper: 2 teaspoon  
Onion powder: 1 teaspoon  
Garlic powder: 5 teaspoons  
Dried oregano: 2 teaspoons  
Dried rosemary: ¼ teaspoon  
Red pepper flakes (optional): ¼ teaspoon  
Chili powder: 1 tablespoon

## Pantry

Panko or breadcrumbs: ½ cup  
Olive oil: 10 tablespoons  
Vegetable or canola oil: 2 tablespoons  
Chicken broth: 8 cups  
Vegetable broth: ½ cup  
Canned diced tomatoes with green chiles (10 oz each): 3  
Canned black beans (15 oz each): 2  
White rice: 1 cup  
Honey: ⅓ cup  
Rice wine vinegar: 1 tablespoon  
Soy sauce: 3 tablespoons  
Worcestershire sauce: 1 tablespoon  
Pasta (rigatoni or preferred type): 16 oz  
Cornstarch: 2 tablespoons