

Grocery List

Do not include the baking project ingredients

Fresh Produce

Onion: 1
Garlic: 8 cloves
Cilantro: 1 bunch
Lime: 2
Parsley: 1 bunch
Basil: 1 bunch
Scallions: 4
Spinach (optional): 1 cup

Meat/Seafood

Sirloin steak: 2-3 lb (900 g - 1.4 kg)
White fish fillets: 2 lb (900 g)
Ground turkey: 1 lb (450 g)
Chicken breasts or thighs: 4-5 (2 lb - 900 g)

Others

Refrigerated

Butter: $\frac{1}{4}$ cup
Whole milk ricotta cheese: 3 cups
+ 3 tbsp (about 800 g)
Mozzarella cheese: 2 cups
Pecorino Romano or Parmesan
cheese: 1 cup
Frozen chopped spinach: 10 oz

Spices/Seasonings

Salt: 5 tsp approx
Black pepper: 3 tsp approx
Dried oregano: 2 tsp
Garlic powder: 1 tsp
Onion powder: 1 tsp
Dried parsley: 1 tsp
Dried basil: $\frac{1}{2}$ tsp
Red pepper flakes (optional)

Pantry

Chipotle peppers in adobo
sauce: 7 oz can
Marinara sauce: 6 cups
Sandwich bread or saltine
crackers: 1 slice or 6 crackers
Cannelloni or manicotti shells: 8
oz (14 tubes)
Honey: $\frac{1}{2}$ cup
Whole-grain mustard: $\frac{1}{3}$ cup
Soy sauce: $\frac{1}{4}$ cup
Apple cider vinegar: 4 tsp
Canola or vegetable oil: 3 tbsp
Olive oil: 9 tbsp
Clamato (Original flavor): 1 $\frac{1}{2}$
cups (360 ml)
Cornstarch: 1 tbsp
Evaporated milk: 12 oz can
All-purpose flour: 2 tbsp