

Grocery List



Do not include the baking project ingredients

Fresh Produce

Green pepper: 1 large
Onion: 1 medium
Zucchini: 2 medium
Cherry tomatoes: 1 cup
Potatoes (fingerling or similar):
10 oz
Fresh mushrooms: 16 oz
Green onions: 2
Carrots: 4 medium
Broccolini: 1 bunch
Fresh parsley: 1 bunch
Ginger: 1 small piece
Garlic: 12 cloves

Others

Refrigerated

Plain regular yogurt: 3/4 cup
Milk: 1/2 cup
Parmesan cheese: 1/2 cup
Frozen pearl onions: 1 1/2 cups

Meat/Seafood

Chicken breasts: 4–6 (about 2 lb)
Pork chops: 6 (about 1 1/2 lb)
Salmon fillets: 4 (about 1 1/2 lb)
Flank steak: 1 1/2 – 2 lb
Chicken cutlets: 6 (about 1 1/2 lb)

Spices/Seasonings

Salt: 5 teaspoons approx.
Black pepper: 3 teaspoons approx.
Garlic powder: 5 teaspoons
Paprika: 1/2 teaspoon
Italian seasoning: 2 teaspoons
Bay leaf: 1
Red pepper flakes: 1/2 teaspoon
Dried oregano: 1 teaspoon
Sesame seeds: 1 tablespoon

Pantry

Diced or crushed tomatoes: 28 oz
can
Diced tomatoes: 2 cans (14.5 oz
each)
Kalamata olives: 1 cup
Vegetable or chicken broth: 1/2
cup
Cornstarch: 1/4 cup
Soy sauce: 3/4 cup
Brown sugar: 2/3 cup
Rice vinegar: 2 tablespoons
Sesame oil: 1 tablespoon
Old Style Mustard: 8 tablespoons
Breadcrumbs: 2 cups
All-purpose flour: 1 cup
Olive oil: 9 tablespoons
Balsamic vinegar: 4 tablespoons
Dry white wine: 1/2 cup
Vegetable oil for frying