

Grocery List



Do not include the baking project or sides ingredients

Fresh Produce

Green onions: 8 stalks
Cherry tomatoes: 1 pint (2 cups)
Fresh spinach: 1 ½ cups
Baby spinach: 3 cups
Cremini mushrooms: 24 oz
Onion: 2 large
Garlic: 13 cloves
Zucchini: 2 medium
Red bell pepper: 1 medium
Snow peas: 1 cup
Baby bok choy: 1 bunch (2 count)
Fresh ginger: 1 teaspoon
Matchstick carrots: 10 oz (284 g)
Lemon: 1 count
Fresh parsley: 1 bunch

Meat/Seafood

Ground chicken: 1 lb (450 g)
Chicken breasts: 2 ½ lbs (1150 g)
Pork chops: 2 lbs (900 g)

Refrigerated

Whole milk ricotta cheese: 15 oz (425 g)
Heavy cream: 2 ¼ cups
Shredded cheese (cheddar, gruyere, or mozzarella): 8 oz (226 g)
Feta cheese: ¼ cup
Plain yogurt (or ricotta / buttermilk): 3 tablespoons
Sour cream: ½ cup
Parmesan cheese: ¾ cup
Butter: 2 tablespoons

Spices/Seasonings

Salt: 4 teaspoons approx.
Black pepper: 2 ¼ teaspoons approx.
Garlic powder: 5 teaspoons
Onion powder: 2 teaspoons
Ground mustard: 1/4 teaspoon
Smoked paprika: 1/4 teaspoon
Dried thyme: ½ teaspoon
Bay leaves: 2 count
Italian seasoning: 3 teaspoons

Pantry

Saltine crackers: 8 count
Beef stock: 1 cup
Chicken broth: 4 ½ cups
Vegetable or chicken broth: ½ cup
Diced tomatoes: 2 cans (14.5 oz - 411 g)
Orzo pasta: 16 oz (450 g)
Lo Mein noodles: 16 oz (450 g)
Soy sauce: 1/2 cup
Oyster sauce: 1/2 cup
Shaoxing Chinese wine: ¼ cup
Olive oil: 10 tablespoons
Vegetable oil: 3 tablespoons
Balsamic vinegar: 2 tablespoons
Granulated sugar: 1 tablespoon
Sesame oil: 2 tablespoons
Cornstarch: 8 tablespoons
Mustard: 1 tablespoon
Baking powder: 1 teaspoon

Others
