

Grocery List



Do not include the baking project or sides ingredients

Fresh Produce

Onion: 2 medium
Green onion (scallions): 1 small bunch
Garlic: 11 cloves
Fresh ginger: 3 teaspoons
Lemon: 2 medium
Carrots: 5 medium
Fresh thyme leaves: 1 small bunch
Parsley: 1 small bunch
Cilantro: 1 small bunch

Spices/Seasonings

Kosher salt: 2 teaspoons approx.
Black pepper: 1 teaspoon approx.
Garlic powder: 2 teaspoons
Cumin: 1 teaspoon
Paprika: 1/2 teaspoon
Cayenne pepper: 1/8 teaspoon

Refrigerated

Plain yogurt, whole ricotta cheese, or buttermilk: 3 tablespoons
Heavy cream: 1/2 cup
Parmesan cheese: 2 tablespoons
Cream cheese: 2 tablespoons
Butter: 6 tablespoons
Frozen whole onions: 1 lb
Greek yogurt sauce for serving (optional)

Meat/Seafood

Ground turkey meat: 1 lb (450 g)
Chicken breasts: 1 1/2 lb (680 g)
Chuck beef: 3 lb (1400 g)
Bacon: 8 oz (226 g)
Chicken breasts or thighs: 2 lb (900 g)

Others

Pantry

Dry lentils: 1/2 cup
Breadcrumbs or panko: 1 cup
Olive oil: 3 tablespoons
Canola or vegetable oil: 5 tablespoons
Sesame seeds: 1 tablespoon
Soy sauce: 1 cup
Rice vinegar: 1/3 cup
Brown sugar: 4 1/2 tablespoons
Cornstarch: 1 tablespoon
All-purpose flour: 1/2 cup
Chicken stock: 3/4 cup
Beef broth: 2 cups
Capers: 2 1/2 tablespoons
Tomato paste: 1 tablespoon
Beef bouillon cube: 1 (optional)
Honey: 1/2 cup
Whole-grain mustard: 1/3 cup
Apple cider vinegar: 4 teaspoons
Golden flaxseed meal: 1 tablespoon
Red wine: 1 bottle
White wine: 1/4 cup (optional)
Cognac: 1/4 cup (optional)