

Grocery List

Do not include the baking project or sides ingredients

Fresh Produce

Yellow onion: 2 medium
Garlic: 11 cloves
Green onions: 3 bunches
Avocado: 1 ripe
Potatoes: 6 – 8 medium
Mushrooms: 8 oz
Asparagus: 1 lb
Fresh cilantro: 1 bunch
Parsley: 1 bunch

Spices/Seasonings

Salt: 3 teaspoon approx.
Black pepper: 1 teaspoon approx.
Chili powder: 1 tablespoon
Italian seasoning: 2 teaspoons
Garlic powder: 4 teaspoons
Onion powder: 2 teaspoons
Ginger: 1 teaspoon
Cayenne pepper: ½ teaspoon
Sesame seeds: 2 teaspoons

Refrigerated

Mozzarella cheese: 4 ½ cups
Parmesan cheese: 3 cups
Ricotta cheese, whole milk: 3 cups
Cheddar cheese: ½ cup
Milty cheese of choice: 2 cups *
Unsalted butter: 7 tablespoons
Heavy cream: 2 cups
Half and half: 1 cup
Milk: 3 tablespoons

Meat/Seafood

Chicken breasts: 2.5 – 3 lb (1.1 - 1.4 kg)
Lean ground beef: 1 lb (454 g)
Italian sausage: 1 lb (454 g)
Cod fillets: 1.3 – 1.6 lb (590 - 725 g)

Others

Pantry

Kimchi: 8 oz
Gochujang paste: 2 tablespoons
Low-sodium soy sauce: 6 tablespoons
Rice vinegar: 2 tablespoons
Honey: 1 tablespoon + extra to drizzle
Sesame oil: 1 tablespoon
Vegetable oil: 2 tablespoons
Olive oil: 6 tablespoons
Diced tomatoes with green chiles: 3 cans (30 oz)
Marinara pasta sauce: 40 oz
Tomato paste: 2 tablespoons
Chicken broth: 5 cups
Canned black beans: 2 cans (30 oz)
White rice, uncooked: 1 cup
Lasagna noodles, uncooked: 12–16 count
All-purpose flour: 2 tablespoons
Cornstarch: 1 tablespoon

*Cheddar, Mozzarella, Gouda, Monterey Jack, Fontina, or Swiss