

Grocery list

Shrimp

Cucumber and avocado

Rice

Mild and spicy Italian sausages

Sweet potato

Arugula or kale

Avocado

Goat cheese, I will use feta

Pecans and dried cranberries

Lemon

Frozen French fries

Boneless skinless chicken breasts

Apple sauce

Onion

Green onion

Green beans and broccoli

Buttered pasta for the kids

Fresh pizza dough

Pizza sauce

Mozzarella

Favourite pizza toppings

Ingredients for a simple green salad

Pantry Staples

Red pepper flakes, sesame seeds

Olive, canola and sesame oil

Garlic and ginger

Cider vinegar, balsamic vinegar, rice wine vinegar

Soy sauce
Maple syrup
Cornstarch
Mayonnaise
Dijon
Brown sugar