

## Grocery List

- Chilled rice
- Onion, carrots
- Green onions
- Frozen peas, I will not be using these, instead edamame
- Shrimp or tofu
  
- Chicken
- BBQ sauce
- Cole slow
- Sweet potato
- Buns
  
- Sausage
- Onion, carrots, celery
- Crushed tomatoes
- Cannellini beans
- Kale
- Small pasta
- Fresh herbs
  
- Fish fillets, I will use halibut
- Limes
- Coleslaw
- Tortillas for the kids
- Avocado and cilantro for topping

## Pantry Staples

- Cajun, cumin, chili, bay leaves
- Garlic and ginger
- Olive oil, sesame oil
- Chicken broth, beef bouillon
- Soy sauce
- Oyster sauce
- Eggs
- Butter
- Balsamic vinegar, apple cider, red wine vinegar
- Mayonnaise
- Sesame oil