

Grocery List

- Ground beef
- Onion, celery and carrots
- Consommé
- Tomato soup
- Pot barley

- Cucumber, jalapeno
- Mixed herbs
- Lime
- Avocado
- Ground pork
- Shallots
- Rice
- Pickled ginger and carrot

- Chicken thighs
- Plain yogurt
- Lettuce, avocado, dill
- Feta
- Tortillas
- Pesto and tzatziki

- Linguine
- Shrimp
- Celery, onion
- Crushed tomatoes
- Capers and basil

- Tofu
- Cabbage, mushrooms, peppers
- Cilantro
- Rice

Pantry Staples

- Paprika, thyme, bay, oregano,
- Garlic and ginger
- Olive oil, sesame oil

- Chicken broth
- Balsamic vinegar, apple cider, red wine vinegar
- Fish sauce
- Soy sauce
- Chili paste
- Maple syrup
- Brown sugar
-