

Grocery List

- Mild Italian sausage
- Onion, celery and carrot
- Butternut squash
- 2 cans of beans
- 2 cans of whole tomatoes
- Rice and sour cream for serving

- Yellow potatoes
- 3 lemons
- Chicken thighs

- Bacon
- Baguette
- Buttermilk
- Lettuce
- Tomatoes

- Salmon
- Cucumbers, edamame and avocado
- Rice for serving

Pantry Staples

- Cajun, paprika, cinnamon, oregano, garlic, ginger
- Garlic and ginger
- Olive oil, canola oil, sesame oil
- Balsamic vinegar, cider vinegar, rice vinegar
- Yellow mustard
- Mayonnaise
- Honey
- Soy sauce
- Sriracha