

Grocery List

- Large head of cauliflower
- Onion and broth (I used chicken)
- Rosemary
- Crusty bread

- Salmon and lemon
- Rice
- Green veggie or salad ingredients

- Mild Italian sausage
- Fries
- Romaine and Brussels sprouts
- Kalamata olives
- Feta
- Pomegranate seeds and juice, cucumber
- Sunflower seeds and pistachios

- Ground pork
- Rice
- Mushrooms, peppers, carrots and green beans

Eve

- Bone-in beef short ribs
- Onion, celery, carrots
- Tomato paste
- Red wine
- Beef stock
- Russet potatoes

Day

- Eggs and whole milk
- Cubed bread
- Maple syrup
- Mixed fruit

- Jumbo pasta shells
- Ricotta, mozzarella and parmesan
- Pasta sauce and pesto
- Lemon and basil
- House-salad ingredients

Pantry Staples

- Herbs de provence, chili flakes
- Garlic and ginger
- Olive oil, canola oil, sesame oil
- Balsamic vinegar, cider vinegar, rice vinegar, white vinegar, red wine vinegar
- Chicken broth
- Soy sauce
- Dijon
- Honey
- Butter
- Milk and heavy cream