

Grocery List

- Oranges, avocado, red onion, cilantro
- Salmon
- Lime and jalapeno
- Rice
- Mixed greens

- Italian sausage, bacon
- Onion and potatoes
- Kale
- Parmesan

- Chicken thighs
- Orzo
- Lemon
- Artichokes, Kalamata olives, sun dried tomatoes, shallot
- Parmesan

- Italian sausage
- Arugula, lemon
- Avocado, oranges, pistachios, feta
- Rice and green beans
- Buttered pasta (for kids)

- Chicken breasts
- Panko
- Lemon, anchovy paste, parmesan
- Lettuce

Pantry Staples

- Paprika, Italian, oregano, basil,
- Garlic and ginger
- Olive oil, canola oil, sesame oil
- Balsamic vinegar, cider vinegar, rice vinegar, white vinegar, red wine vinegar
- Chicken broth
- Flour
- Dijon
- Honey
- Butter
- Milk and heavy cream
- Eggs

- Worcestershire
- Mayonnaise