

## Grocery List

- Ground turkey
- Basil pesto
- Pasta sauce, I like using Mutti
- Spaghetti
- Parmesan cheese
- Spinach
  
- Chicken drumsticks
- Capers, lemon and parsley
- Potatoes for roasting
- Salad ingredients
  
- Chicken breasts
- Sweet potatoes
- Cabbage and lime
- Quinoa, but I will be using rice
  
- Pancetta
- Onion, carrot and celery
- Potato, green beans, spinach
- Crushed tomatoes
- White beans
- Lemon
- Basil pesto
- Small pasta
  
- Mild Italian sausage
- Tater tots
- Salad ingredients

## Pantry Staples

- Paprika, chili, cumin, coriander, red pepper flakes, onion, garlic, thyme and bay
- Garlic and ginger
- Olive oil, canola oil, sesame oil
- Balsamic vinegar, cider vinegar, rice vinegar, white vinegar, red wine vinegar
- Chicken broth
- Panko
- Mayonnaise
- Rice
- Honey

- Dijon
- Nutritional yeast