

Bakery

- Sourdough bread 1 loaf

Vegetables

- Carrots 2 cups
- Cauliflower 1 large head
- Chives 1 tbsp
- Corn ½ cup
- Cucumber 1 whole
- Dill 1 small handful
- Garlic 1 clove
- Leek 2.25 units
- Parsley 1 tbsp
- Yellow onion 3 tbsp

Meat

- Chicken thighs 400g
- Ground beef 2lbs

Fruits

- Lemon 1
- Pineapple 1 cup

Seafood

- Jumbo shrimp 1 lb
- Salmon filet 5-6 oz

Rice, Cereal & Legumes

- Butterbeans 400g
- Elbow macaroni 6oz (170g)
- White beans 400g

Condiments & Spices

- Coarse ground pepper 2-3tsp
- Harissa paste 3tbsp
- Liquid smoke 1tbsp
- Morton Tender Quick 2tbsp
- Mustard seed 1tbsp

Dairy

- Butter 1 stick
- Cream cheese 5oz
- Crème fraîche 1tbsp
- Greek yogurt 7tbsp
- Parmesan 30g

Beverages

- White wine ½ cup