

Rice, Cereal & Legumes

- ☐ Grits 1 cup

Canned Goods

- ☐ Chicken broth 1 cup

Condiments & Spices

- ☐ Cayenne pepper 1 pinch
- ☐ Salt to taste
- ☐ Worcestershire sauce 1 tbsp

Dairy

- ☐ Butter 0.25 cup
- ☐ Cheddar cheese 1 cup
- ☐ Half-and-half 2 cups

Beverages

- ☐ Water 3 cups

Vegetables

- ☐ Garlic 1 tsp
- ☐ Green bell pepper 1 unit
- ☐ Onion 1 cup
- ☐ Red bell pepper 1 unit
- ☐ Yellow bell pepper 1 unit

Baking

- ☐ All-purpose flour 1/4 cup

Meat

- ☐ Andouille Sausage 1lb
- ☐ Bacon 5 slices

Fruits

- ☐ Lemon 1 unit

Seafood

- ☐ Shrimp 2lb