

Bakery

- ☐ Sourdough bread 8 slices

Condiments & Spices

- ☐ Capers 2tbsp
- ☐ Dijon mustard 4tbsp
- ☐ Red wine vinegar 3tbsp
- ☐ Vegetable oil 2tbsp

Frozen Foods

- ☐ Frozen peas 1 cup

Vegetables

- ☐ Garlic 1 clove
- ☐ Ginger 1 piece
- ☐ Mushrooms 1.2lb (700g)
- ☐ Romaine Lettuce 1 head

Canned Goods

- ☐ Beef stock 1l
- ☐ Chicken broth 2.5 cups
- ☐ Fire roasted diced tomatoes 15oz

Dairy

- ☐ Blue cheese 2oz
- ☐ Cream cheese 2oz
- ☐ Parmesan cheese 1oz
- ☐ Sour cream 1.5 cups

Meat

- ☐ Bacon 4 slices
- ☐ Beef chuck 3.5lb
- ☐ Chicken breasts 20oz (2 pieces)
- ☐ Ground pork 0.5lb