

## **GROCERY LIST #4**

### **BAKERY**

Flour tortillas

### **DAIRY SECTION**

Shredded cheese

Ricotta or Brie

Parmesan cheese

Heavy whipping cream

Sour cream

### **PRODUCE**

Onion

Garlic

Grape tomatoes

Red chilies

Fresh basil leaves

Curly kale

Broccoli

Red bell peppers

Snow peas

Fresh ginger

Green onions

Orange juice

Lettuce

Tomatoes

Cucumbers

Limes

Cabbage slaw mix

Cilantro

avocado

### **PANTRY**

Olive oil

Vegetable oil

Salt

Black pepper

Garlic powder

Onion powder

Red pepper flakes

Smoked paprika

Chili powder

Buffalo wing sauce

Farro

Rice

Low-sodium chicken stock

Soy sauce

Toasted sesame oil

Cornstarch

Cashews

Canned chipotle pepper

### **MEAT/PROTEIN**

Chicken thighs, boneless and skinless

Italian sausage

Shrimp

Breakfast sausage patties (pre-cooked)

Flavored chicken sausages (pre-cooked)

Tilapia