

GROCERY LIST #11

DAIRY/COLD SECTION

Heavy whipping cream (for 2 days)

Butter (for 2 days)

Milk

Egg

Smoked gouda

PRODUCE

Onion

Potatoes

Curly kale

Lettuce (for 2 days)

Bell peppers (for 2 days)

Cucumber (for 2 days)

Broccoli (for 2 days)

Asparagus

Lemon

Fresh parsley

PANTRY

Olive oil

Unsalted chicken stock

Salt

Garlic powder

Crushed red pepper flakes

Salad dressing

Smoked paprika

Black pepper

Brown sugar

Maple syrup

Sriracha hot sauce

Rice (for 2 days)

Egg noodles (for 2 days)

Baking spray

All-purpose flour

Dry breadcrumbs

Allspice

Nutmeg

Beef broth

MEAT/PROTEIN

Mild Italian sausage

Boneless skinless chicken thighs (for 2 days)

Shrimp, peeled and deveined

Lean ground beef

Lean ground pork