

Meal Plan Week 4

Shopping List

Produce

Yellow Onions (2)
Shallot (2)
Garlic (12 cloves)
Celery (1 stalk)
Avocado
Jalapeno
Lime
Cilantro (1 cup)
Parsley (1 cup)
Chives/Green Onions - 1 bunch
Mint
Basil (optional)

Pantry

French Baguette
Quick or Old Fashioned Oatmeal (3 cups)
28 ounce crushed or diced tomatoes
Club Soda
Flour (6-7 cups)
Yellow Cornmeal (2.25 cups)
Instant Yeast (2.75 tsp, or one packet)
Sugar (1 cup)
Confectioner's Sugar (2.5 cups)
Baking Soda
Cinnamon
Vanilla extract
Sweet Paprika

Pizza Seasoning (or oregano, basil, rosemary)
Red Pepper Flakes
Kosher Salt
Sea Salt
Salt
Pepper
Pistachios (1/2 cup)

Condiments

Horseradish (4 oz)
Olive Oil
Red or White Wine Vinegar
Dijon Mustard
Worcestershire

Dairy

Swiss cheese (8 oz)
Milk (about 5 cups)
Grated Parmesan (1.5 cups)
Shredded Parmesan (1 cup)
Sliced Mozzarella (3/4 lb)
Cream cheese (3 oz)
Whole-Milk Ricotta (2 cups)
Eggs (4)
Unsalted Butter (2.25 cups)

Meat

Roast Beef or Beef Tenderloin (1 lb)
Lump crabmeat (12 ounces)
Italian sausage, sweet or hot (1 lb)

Freezer

Frozen Spinach (10 oz block)
Breaded Chicken cutlets

Alcohol

White Rum