Grocery List

Produce
- ▫ 2 shallots
- ▫ 4 cloves garlic
- ▫ 1 tablespoon chopped fresh thyme
- ▫ 3 onions
- ▫ 1 avocado
- ▫ cilantro
- ▫ 4 medium sweet potatoes
- ▫ 6 carrots
- ▫ 2 bay leaves
- ▫ 1 green bell pepper
- ▫ 4 cups cauliflower florets

Refrigerated/Frozen
- ▫ 2 1/2 cups apple cider
- ▫ 15 pieces of Tyson Boneless Wyngz – buffalo
- ▫ queso fresco
- ▫ ½ cup sour cream
- ▫ 1½ cups shredded Jack cheese
- ▫ ½ cup of milk
- ▫ 1-1/4 cups whipping cream

Meat/Poultry/Seafood
- ▫ 4 pound boneless pork shoulder roast
- ▫ 2.5 pound beef chuck roast
- ▫ 2 boneless skinless chicken breast
- ▫ 1 pound lean ground beef

Pantry
- ▫ 1/4 cup apple cider vinegar
- ▫ 1 1/2 teaspoons dijon mustard
- ▫ 1 pinch cayenne pepper
- ▫ 10-12 small corn tortillas
- ▫ 2 tablespoons red wine vinegar
- ▫ ⅛ teaspoon red pepper flakes
- ▫ 10 gingersnaps
- ▫ 12 oz. angel hair pasta
- ▫ 1 (4 oz.) can green chilies
- ▫ 1 tsp creole seasoning
- ▫ 1 cup all purpose flour
- ▫ 4 cups chicken broth
- ▫ sliced black olives
- ▫ 12 ounces high-quality milk or dark chocolate
- ▫ 1 cup roasted chopped hazelnuts
- ▫ 2 teaspoons coconut oil
- ▫ 1 14.5 ounce can diced tomatoes
- ▫ 1 15 ounce can tomato sauce
- ▫ 1 teaspoon garlic powder
- ▫ 2 1/4 cup of sugar
- ▫ 1 teaspoon of vanilla
- ▫ 2½ cup of oats
- ▫ 1 cup peanut butter
- ▫ chocolate chips
- ▫ 1 teaspoon instant espresso
- ▫ ¼ cup Rodelle Gourmet Baking Cocoa
- ▫ 2 tablespoons Kahlua
- ▫ ¼ teaspoon nutmeg
- ▫ chocolate shavings

Pantry Staples
- ▫ eggs (5)
- ▫ Kosher Salt
- ▫ Black Pepper
- ▫ Vegetable Oil
- ▫ Olive Oil
- ▫ Butter (3 sticks)