

## *Check your pantry*

---

- Thyme
- Oregano
- 2 Bay leaves
- Fennel seeds
- Salt & Pepper
- EVOO (Extra Virgin Olive Oil)
- Olive oil
- Balsamic vinegar
- English mustard
- Honey
- Chicken Stock
- 1 can of Kidney beans
- Brown rice mixed
- White rice
- Flour

## *Produce*

---

- 8 oz Mixed Greens
- 1 medium Fennel
- 1 Carrot
- 1 Large Zucchini
- 1 Bunch Red Swiss Chard
- 1 Pomegranate
- 1 Apple
- 1 Orange
- 1 Pear
- 2 Pints of Cherry tomatoes
- 8 Russet potatoes

- 1 Onion
- 4 Red onions
- 10 Cloves of garlic
- 5 Lemons
- Fresh herbs (whatever you prefer: chives, sage, basil, summery savory, oregano)
- Fresh thyme
- Fresh cilantro

---

### *Cheese*

- 2 cups Cheddar cheese

---

### *Dairy*

- 1/2 Cup of Butter
- 2 Cups of Milk
- 4 tbsp Natural yogurt

---

### *Frozen Foods*

- 1 Cup of Frozen Corn

---

### *International & Ethnic*

- 2 cups Couscous

---

### *Meat & Poultry*

- 4 6-8oz Chicken Breast (skin on)
- 4 6-8oz Pork chop
- 4 6-8oz Steaks

---

### *Seafood*

- 4 7oz Salmon fillets
- 16 White shrimps (peeled and deveined)

---

### *Wine & Spirits*

- 1/3 cup Dry white wine