

Check your pantry

- Olive oil
- White Rice
- Corn starch
- 1 can Tomato sauce
- Beef broth
- Chicken Stock
- Soy sauce
- White wine vinegar
- Balsamic Vinegar
- EVOO
- Vegetable oil
- Pecans
- Paprika
- Thyme
- White Sugar
- Salt & Pepper
- 1/4 cup dried cranberries
- 1 cup Bread crumbs

Produce

- 1 Lemon
- Red Pepper
- Yellow Pepper
- 1 lb Chinese Broccoli
- 1 lb Yiu Cai (Chinese Vegetables)
- 1 English cucumber
- 1 pint Cherry tomatoes
- 1 stick of Celery

- 8 Bok Choy
- 1 medium Green cabbage
- 1 Granny Smith Apple
- 1 pint Brown/white Mushroom
- 10 Cloves Garlic
- 3 Small Onion
- 1 Stalk Lemongrass
- 1 Inch Ginger
- 1/4 cup Fresh parsley
- 1 bunch Fresh Dill
- Chives (optional)

Dairy

- Sour cream (optional)
- 3 tbsp Butter

Dried Fruit

- 1/4 cup Dried cranberries

Juices

- 3/4 cups Apple cider

Meat & Poultry

- 4 6-8oz Bone-in Pork chop
- 4 6-8oz Boneless & skinless chicken breasts
- 4 6-8oz Strip Loin Steaks
- 1 lb ground beef
- 3 8oz Strip Loin steak