

Check your pantry

- White rice
- Lasagna Sheets
- Garlic Powder
- Paprika
- Bay leaf
- Basil
- Oregano
- Thyme
- Rosemary
- Nutmeg
- Cinnamon
- Brown Sugar
- Sugar
- Red food colouring
- Salt & Pepper
- 1 28-oz can Whole tomatoes
- 1 can Diced Tomatoes
- 1 can Chicken Broth
- Mayonnaise
- Soy sauce
- Olive oil
EVOO (Extra Virgin Olive Oil)
- 3/4 lb Ring Pasta (or similar , ie penne, macaroni, bowtie, etc...)

Produce

- 1 stalk Celery
- 1 Asian Pear
- 1 Red Delicious Apple

2 Granny Smith Apples

1 pint Cherry tomatoes

1 Cucumber

2 Bell peppers

1 Green Bell Pepper

1 cup Seedless Green Grapes

4 Russet potatoes

10 oz White Mushrooms

2 Onions

11 cloves garlic

1 tablespoon Fresh basil

1 Lemon

Cheese

1 15-oz container Ricotta cheese

3/4 cup shredded Mozzarella

1 container of Mini mozzarella pearls

1/2 cup Parmesan Cheese

Dairy

1 egg

1/4 cup Butter

1/4 cup Milk

1 1/4 cup Plain Yogurt

Dried Fruit

1 1/2 cup Dried Cranberries

1 cup Golden Raisins

Frozen Foods

1 cup Frozen Corn

1 10-oz box frozen chopped spinach

Meat & Poultry

- 8 Slices Bacon
- 2 lb Pork Tenderloin
- 8 Chicken thighs/drumsticks
- 2 lb Prime rib roast
- 1 lb ground chicken
- 1 1/2 lb Pork loin

Nuts

- 1/2 cup Sliced Almonds