

Check your pantry

- White rice
- Chickpeas (15.5 Ounces)
- Chicken broth (32oz)
- Brown rice
- Balsamic vinegar
- Soy sauce
- Worcestershire sauce
- Dijon mustard
- Extra Virgin Olive Oil
- Vegetable oil
- Olive oil
- Rosemary
- Thyme
- Oregano
- Bay leaf
- Garlic powder
- Italian seasoning
- Cayenne pepper
- Ground Pepper
- Salt
- Bread crumbs
- Spaghetti

Produce

- 4 Red peppers
- 1 large Potato
- 6 Yellow hot peppers
- 6 cups Mixed greens

2 1/4 lb Ripe Tomatoes

4 Russet potatoes

1/2 English Cucumber

1 Avocado

1 small Onion

1 Shallot

7 cloves Garlic

2 Oranges

1 Lime

1 bunch Parsley

1 bunch Fresh Cilantro

1 bunch Fresh Basil Leaves

1 bunch Flat Leaf Parsley

Cheese

Grated Parmesan Cheese (for serving)

Dairy

1/3 cup Milk

1 quart Half-and half cream

Frozen Foods

1/2 cup Frozen corn (thawed)

2 tablespoons Frozen chopped lemongrass

Juices

2 1/4 cups Orange juice

Meat & Poultry

1 lb Lean Ground Beef

8 6-8oz Pork Chop (with/out bones)

1 Whole Chicken

Pasta & Noodles

- 12 large Shell pasta (1 box)
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Seafood

- 4 4-6oz Salmon fillets (boneless, skin-on)
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- 1 lb Cooked crabmeat
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