

Check your pantry

- Olive oil
- 1 1/2 cup Brown rice
- 11 oz White rice
- All purpose flour
- 2 1/2 cups Chicken broth
- 2 14oz Cans Diced Tomatoes
- Rice Wine Vinegar
- EVOO (Extra Virgin Olive Oil)
- Thyme
- Rosemary
- Paprika
- Ground cumin
- Sesame Oil
- Garlic Powder
- Chicken bouillon
- Basil
- Butter

Produce

- 6 bunches Baby Mustard Greens
- 1 Cucumber
- 1 small Butternut Squash
- 2 Tomatoes
- 1 Avocado
- 2 Onions
- 2 Lime
- 1 Carrot
- 2 medium Zucchini

- 1 Bell pepper
- 1 medium Red onion
- 2 Inches Ginger
- 1 Lemon
- 14 cloves Garlic
- 4 bunches Cilantro
- 4 cups Arugula and Spinach Leaf Mix

Bread & Bakery

- 4 12 inch Tortillas

Cheese

- 1/2 cup Parmesan Cheese
- 1/2 cup Fresh Mozzarella (optional)
- 1 cup Marble cheese

Dairy

- 1/4 cup Sour cream

Frozen Foods

- 1 cup Edamame Beans

International & Ethnic

- 14 oz Quick cook couscous

Meat & Poultry

- 4 Chicken thighs with drumsticks
- 2 to 3 pieces Bacon
- 1 to 1.5 lb Pork Roast
- 1 lb Italian Sausage
- 3 8oz Strip Loin Steaks

Nuts

- 1/4 cup Black eye peas

- 1 handful Whole Pecans
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Pasta & Noodles

- 3/4 lb Pasta (Penne or similar)
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Seafood

- 4 6-8oz Cod fillets (or any white fish fillets)
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