

Check your pantry

- 1 Bay leaf
- Brown Rice
- White rice
- Cornstarch
- Sugar
- Brown sugar
- 10 cups Chicken broth
- Ketchup
- Oyster sauce
- Worcestershire sauce
- Dark soy sauce
- Mustard
- Balsamic Vinegar
- Vegetable oil
- Sesame oil
- Olive oil
- Salt & pepper
- Butter
- 1 lb Spaghetti
- EVOO (Extra Virgin Olive Oil)

Produce

- 2 large leeks
- 1 bunch Broccoli
- 4 cups Chinese Baby Broccoli
- 2 cups Spring Mix
- 1 bunch Swiss chard
- 2 cups Spinach

2 medium Zucchini

1 Shredded Carrots

1 English Cucumber

1 small Onion

1 Avocado

4 Russet potatoes

4 cups Yukon Gold potatoes

1 bunch Fresh flat leaf parsley

1 Lemon

12 cloves Garlic

Cheese

4 oz Parmesan cheese

Dairy

1/4 cup Milk

2 cups heavy cream

4 large Eggs

Jams & Preserves

1 can Diced tomatoes (14oz)

1 can Cream of chicken (1 cup)

Meat & Poultry

4 Pork Chop (bone in)

2 lb Meaty pork side ribs (cut into 1-inch chunks)

4 Slices Smoked bacon (cut into small stripes.)

6 Italian sausages

8 Chicken thighs or drumsticks

Nuts

1/4 cup Black eye peas