

Check your pantry

2 tablespoons Red wine vinegar

4 tablespoons Soy sauce

2 teaspoons Sesame oil

White rice

Sugar

Dijon mustard

1/4 cup of Chicken broth

3 cups of Vegetable broth

Salt & Pepper

White balsamic Vinegar

EVOO (Extra Virgin Olive Oil)

Olive oil

Butter

12 oz of risotto rice

12 oz of Pasta (spaghetti or fettuccine)

11 oz Elbow macroni

Produce

1 small bunch of flat leaf parsley

1 small bunch of fresh basil

1/2 large English cucumber

1 pint of cherry tomatoes

1 small fennel

1 cup of baby Kale

2 ribs of celery

4 Yukon potatoes

2 Ripe avocados

1 Tomato

- 2 inches ginger
- 1 Shallot
- 4 oz Fresh cranberries
- 8 cloves of Garlic
- 2 red onions
- 1 bunch Scallions
- 4 bunches Cilantro
- 1 tablespoon Fresh Tarragon
- 1 lime
- 2 lemons

Dairy

- 1/2 cup Heavy cream

Dried Fruit

- 1 cup Dried cranberries

Jams & Preserves

- 12 oz of Chunk Crabmeat (Canned)

Meat & Poultry

- 6 6-8oz Boneless & skinless chicken breasts

Nuts

- 1 cup Pine nuts

Seafood

- 4 6-8oz Fish filets (cod, mahi-mahi, halibut or salmon)
- 4 6oz Salmon filets

Wine & Spirits

- 1 cup of dry white wine