

IN THE KITCHEN WITH



Spring Shopping List

WEEK ONE

Fruit and Veggies:

2 bunches of Asparagus
Grape Tomatoes
(2) Tomatoes
Avocado
Bell pepper
Garlic
Celery
(2) Yellow onion
Radishes
Romaine Lettuce
Carrots
Sugar snap peas
Parsley
Dill
Cilantro
Basil
Scallions
(2) Lemons
Shallot
English cucumber
Ripe Banana's
(2) Apples
Grapes (Small amount for snacking and sides)

Frozen Veggies:

Sweet Peas
Sweet Corn

Dairy:

Milk
Butter
Eggs
Cheddar Cheese
Buttermilk Ranch Dressing (Simply Dressed)
Horseradish
Feta Cheese

Meat:

3-4 Pork Shoulder or loin
Bacon
1lb Flank Steak
(2) Tilapia filets double for larger families
1lb Ground Turkey

Deli:

1lb Turkey Breast
1.5 lb Swiss Cheese

Misc/Pantry Staples:

Lime Juice
OJ
1 Beer
24oz whole plum tomatoes
4 cups chicken stock (Preferably homemade)
Bread crumbs (Preferably Panko)
Pitted Kalamata olives
Cider Vinegar
Olive Oil
Soy Sauce
Rice Wine Vinegar
Garlic Powder
Dried Oregano
Chili Flakes
Cumin
Red Pepper Flakes
Mayo
Dijon Mustard
Garlic Powder
Dried Oregano
Chili Flakes
Cumin
Red Pepper Flakes
Mayo
Dijon Mustard