



"Get It Together!" Meal Plan 15.27- Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Beef, stew meat (chuck or blade)	2	pounds			
Chicken breasts	1.75	pounds			
Crab Meat, fresh or canned	1	pounds			
Eggs	2	each			
NY Strip Steak	4	10 oz each			
Short Ribs, Beef, boneless	3	pounds			
Shrimp, wild caught, pre-cooked	1	pounds			
Produce					
Avocado	1	each			
Cabbage, green	0.25	each			
Cabbage, red	0.25	each			
Carrots	0.5	pound			3 large
Celery	0.5	bunch			4 stalks
Cilantro, fresh	1	bunch			
Garlic Cloves, fresh	1.25	bulbs (10 cloves)			12 cloves
Kaffir Lime leaves	2	each			*SEE BELOW1
Lemon	1	each			
Lime	2	each			
Mandarin Orange, cuties, halos	2	each			
Mango	0.5	each			
Onions, red (large)	0.25	each			

Onions, yellow	3	each			
Pepper, Bell (red)	1	each			
Peppers, Jalepeño	0.5	each			
Scallions	0.5	bunch			
Serrano chile	1	each			
Shallot	1	each			
Squash, Butternut	3	each			12 Cups Total
Tomatoes, Roma	8	each			
Dry Goods					
Almonds, sliced	2	tablespoon(s)			
Apple Cider Vinegar	1	tablespoon(s)			
Bamboo Skewers	6-8	each			
Bay Leaves	6	each			
Black Pepper (freshly ground)	5.5	teaspoon(s)			
Chicken stock	0.33	cup(s)			
Cinammon Sticks	4	stick(s)			
Dijon Mustard or Mustard Powder	1	teaspoon(s)			
Fish Sauce	6	teaspoon(s)			
Garlic, granulated	1	teaspoon(s)			
Honey	2	tablespoon(s)			
Kosher salt	21.5	teaspoon(s)			
Massie Mayo	3	cup(s)			
Olive Oil, extra light	2.25	cups			
Olive Oil, pure	6	teaspoon(s)			
Rice Wine Vinegar, unseasoned	2	tablespoon(s)			
Sambal	2	tablespoon(s)			
Sesame Oil	1	tablespoon(s)			
Super Radical Rib Rub	1	tablespoon(s)			*SEE BELOW2
Tamari	7	teaspoon(s)			
Tamarind Pulp, seedless	0.25	cup(s)			*SEE BELOW1

Tomato, paste	1	8oz can			
Tomatoes, crushed or sauce	1	15oz can			
Tomatoes, diced	1	28oz can			
Worcestershire Sauce	2.5	tablespoon(s)			

1. Can be found at Asian Markets. You can also substitute cilantro for lime leaves as per recipe
2. If you do not have a bottle of Nick's Super Radical Rib Rub a recipe link has been added to the article in the notes under the recipe heading and picture for the steak, see recipe and add ingredients if needed.