



"Get It Together!" Meal Plan 15.46 - Grocery List

Item:	Quantity Needed:	Measure:	On Hand:	To Buy:	Notes:
Meat and Eggs					
Bacon, thin sliced	4	slices			
Chorizo	6	ounces wt.			
Crab meat, lump	1	pound			can be canned
Eggs	14	each			
Pork, Shoulder or Butt	2.5	pounds			
Short Ribs, Beef	4	pounds			
Shrimp, 21/25 size	1	each			
Whole Chicken (~4 pound)	1	each			
Produce					
Asparagus	2	pounds			
Avocado	2	each			
Broccoli	1.5	head			
Carrots	1	pound			
Celery	1	bunch(es)			
Cilantro, fresh	1.25	bunches			
Garlic Cloves, fresh	2.5	bulbs (10 cloves)			
Ginger, fresh	0.25	pounds			
Kaffir lime leaves	4	each			*see below2
Lemon	1	each			
Lemongrass	1	bunch			*see below2
Lime	4	each			

Mushrooms	3	pounds			
Mushrooms, oyster	1	pound			
Mushrooms, Shiitake	1	pound			2 cups worth
Onions, yellow	8	each			
Pepper, Bell (red)	3	each			
Peppers, Bell (green)	2	each			
Peppers, Jalepeño	0.25	each			
Poblano/Pasilla Pepper	7	each			
Shallot	1	each			
Spinach	1	pound			
Thai Chiles	2	each			*see below2
Tomatoes, Roma	5	each			
Yams or Sweet Potatoes	6	pounds			
Dry Goods					
Artichoke Hearts	4	cup(s)			
Bay Leaves	3	each			
Black Pepper (freshly ground)	4	teaspoon(s)			
Chicken Stock	2.5	quart			*see below1
Chili Powder	2	tablespoon(s)			
Chipotle in Adobo	1	8oz can			
Coconut Milk, lite	3	can			
Cumin, ground	2	teaspoon(s)			
Dijon Mustard or Mustard Powder	1	teaspoon(s)			
Fish Sauce	2	teaspoon(s)			
Garlic, granulated	1	teaspoon(s)			
Green Chiles, diced hot	2	8oz. Can			
Kosher salt	20.5	teaspoon(s)			
Massie Mayo	1.25	cup(s)			
Olive Oil, extra light	2	cups			
Olive Oil, pure	15	teaspoon(s)			

Red Chili, crushed	1	teaspoon(s)			
Thyme, dried	2	teaspoon(s)			
Tomato, sauce	1	28oz can			
Tomatoes, crushed	1.5	28oz can			

1. 1.5 quarts can be either chicken or beef stock.

2. These items can be found in an Asian grocery store.