

Grocery List

- Ground beef
- Dry red wine
- 28 oz. can crushed tomatoes
- Tomato paste
- Orecchiette
- Basil
- Cream and parmesan

- Boneless skinless chicken thighs
- Lemon
- Plain yogurt
- Feta
- Tomatoes and Kalamata olives
- Pita and hummus
- Greek salad ingredients

- Chicken thighs
- lime
- Avocado
- Mango
- Lettuce, red onion, tomatoes

- Italian sausage and bacon
- Onion, potatoes
- Cream
- Kale

- Carrots, onion, peas, green onions
- Chilled rice
- Shrimp

Pantry staples

- Oregano, red pepper flakes, nutmeg, cumin, coriander, turmeric, Italian seasoning
- Olive oil, canola oil, sesame oil
- Ginger and garlic
- Chicken broth
- Cider vinegar, rice vinegar
- Eggs
- Soy sauce
- Oyster sauce