

# grocery list

PRINT AND TAKE  
TO THE STORE!

## PRODUCE:

2 large sweet potatoes (about 12 oz.)  
4 medium russet potatoes  
1 head garlic  
2 yellow onions  
6 green onions  
1/4 red onion  
12 oz. bag broccoli florets  
2 bags of baby carrots  
1 celery heart or bunch of celery  
3 small cucumbers  
1 red pepper  
8 oz. grape tomatoes  
2 avocados  
1 head bibb lettuce  
7 oz. bag arugula salad  
14 oz. bag shredded coleslaw  
2 lemons  
1/2 oz. fresh dill  
grapes

## PROTEINS/REFRIGERATED/FROZEN:

8 oz. crumbled blue cheese  
4 oz. goat cheese  
6 slices cheese like cheddar or pepperjack  
8 oz. shredded cheese like mozzarella  
12 oz. sour cream  
8 Tbsp. butter

## DRIED / OTHER GOODS:

Buffalo Sauce (like Frank's)  
BBQ Sauce  
8 oz. can of pineapple  
10 Kaiser rolls (or bun of choice)  
6 burger buns  
2 loaves of artisan bread (preferably take and bake)  
8 whole grain tortillas

## PANTRY STAPLES YOU'LL NEED:

salt  
pepper  
seasoning salt  
smoked paprika  
dried minced onion or onion powder  
garlic powder  
butter  
olive oil  
red wine vinegar  
balsamic vinegar  
apple cider vinegar  
Worcestershire sauce  
dijon mustard  
mayonnaise  
honey  
1 cup beer or chicken broth

## OTHER: