

# Week 1 Groceries

ARIN SOLANGE AT HOME

## Meat

- 1 lb - Italian Sausage
- 2-3 lbs - Boneless Skineless Chicken Thighs
- 1 lb Shrimp
- 1/2 Sausage (to cut into rounds)
- 2 lbs - Lean ground beef
- 5 Chicken Breasts
- 6-8 bone in short ribs

## Spices

- Lemon Pepper
- Italian Seasoning
- Red Pepper Flakes
- Taco Seasoning
- 4 Bay Leaves
- Cajun seasoning - or make your own
- Cayenne
- Thyme
- Oregono
- Chili Powder
- Paprika
- Onion Powder
- Cumin

## Cans/Other

- 10 oz can diced green chilis
- Salsa
- 3 - 6 oz cans tomato paste
- 3 - 15 oz cans diced tomatoes
- 5 cups beef stock
- 6 cups chicken stock
- 13.5 oz can full fat coconut milk
- white vinegar
- olive oil
- Ghee

## Produce

- 1 Lemon
- Basil
- 2 large Russet Potatoes + number wanted for baked potato night
- 12 Stalks Asparagus
- 4 Sweet Potatoes
- 3 Avocado
- 2 Jalapeno
- Fresh Cilantro
- 2 Celery Stalks
- 2 Green Bell Peppers
- 1 purple onion (optional as garnish)
- 5 or 6 Large Carrots
- 8 oz mini golden Potatoes
- 8 oz Button Mushrooms
- 5 Large onions
- Large container of minced garlic
- 7 medium red potatoes
- Fresh Thyme

## Frozen

- 5 oz Frozen Kale
- 1 Cup Frozen Okra

## Other