



Supper Club Grocery List #112

Produce

- 3 cups cherry tomatoes
- 4 cups diced roma tomatoes (about 4 tomatoes)
- ½ cup fresh spinach
- ¼ cup fresh dill, chopped
- ¼ cup julienned carrots
- 2 red onions
- 1 onion, chopped
- Salt and pepper
- 11 cloves garlic
- Lemon slices (for serving)
- Zest and juice from 1 medium lemon
- 1 tbsp chopped fresh basil (optional)
- Chopped fresh oregano (optional)

Grains/Pasta

- 10 oz farfalle ("bow ties" pasta, 4-5 cups)
- 1 cup rice, uncooked
- 2 cups rice, cooked
- ⅓ cup cooked barley or quinoa, couscous, or other grain

Canned/Bottled Goods

- ½ cup canola oil
- 2 tbsp + 2 tsp apple cider vinegar
- ¼ cup + 2 tbsp olive oil
- ½ cup chicken stock or ½ tsp Chicken Better Than Bouillon + ½ cup water
- 1 tbsp red wine vinegar
- 2 tbsp white vinegar
- 2 tbsp + 2 tsp soy sauce
- 1 tsp paprika
- 4 tsp oregano
- 1.5 tsp basil

- ½ tsp sugar
- ½ tsp onion powder

Dairy

- 1 cup ricotta cheese
- 1 ¼ cup cream cheese
- 1 tbsp butter
- ½ cup tzatziki
- ¼ cup crumbled feta

Meat

- 2 chicken breasts, diced
- 2 lbs pork loin

Frozen

- ⅓ cup edamame beans
- ⅓ cup mango chunks

Nuts/Seeds

- ¼ cup roasted and salted peanuts
- 2 tbsp + 2 tsp nutritional yeast flakes
- 2 tbsp + 2 tsp peanut butter

Spices/Herbs

- ¼ tsp freshly ground black pepper
- 1 tsp basil
- 1 tsp oregano
- ½ tsp basil
- ¼ tsp salt

Miscellaneous

- Wooden skewers (for kabobs)

