



## **Supper Club Grocery List #113**

### **Produce Section**

- ☐ 2 large onions (sliced, diced)
- ☐ 2 medium-large onions (sliced)
- ☐ 6 stalks celery (sliced)
- ☐ 3 carrots (shredded, grated)
- ☐ 1 large apple (or two small, cored and diced)
- ☐ 12 cloves garlic (minced)
- ☐ 1 bunch cilantro (optional, for garnish)
- ☐ 1 lemon (juice)
- ☐ 4 oranges

### **Dried & Grains**

- ☐ 1 cup dried split red lentils
- ☐ 2 cups cooked rice (preferably brown rice)
- ☐ 1 cup quinoa or couscous (your choice)
- ☐ 3/4 cup raisins
- ☐ 3/4 cup dried apricots (cut into quarters)

### **Dairy/Refrigerated Section**

- ☐ ½ cup cream cheese
- ☐ 2 tbsp milk
- ☐ 6 eggs
- ☐ ½ cup egg whites

### **Canned Goods Aisle**

- ☐ 3 798 ml cans diced tomatoes
- ☐ 2 340 ml cans evaporated milk
- ☐ ½ cup marinara sauce
- ☐ 4 cups chicken broth (or 1 liter water + 1 heaping tbsp bouillon paste)
- ☐ 2 tbsp chicken Better Than Bouillon
- ☐ 1 cup beef broth

### **Spices/Seasoning Aisle**

- ☐ 1 tsp ground coriander seed
- ☐ 1 tsp cumin
- ☐ 1 tsp cinnamon
- ☐ ½ tsp ginger
- ☐ ½ tsp turmeric
- ☐ 2 tbsp garam masala
- ☐ 2 tsp paprika
- ☐ 1 tsp salt
- ☐ ½ tsp salt
- ☐ ½ tsp pepper
- ☐ 1 tbsp yellow curry paste
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp honey

### **Bakery**

- ☐ 1 loaf of bread

### **Meat/Poultry Section**

- ☐ 1 lb lean ground beef
- ☐ 200g (½ lb) paneer
- ☐ 2 cups cooked chicken (any cut, even rotisserie)

### **Oil and Condiments Aisle**

- ☐ 1 tbsp canola oil
- ☐ 2 tbsp canola or coconut oil