



## **Supper Club Grocery List #114**

### **Produce Section**

- ☐ 1 large apple (or two small), cored and diced
- ☐ 2 ripe avocados
- ☐ 3 carrots, grated
- ☐ 4 stalks celery, sliced
- ☐ 2 lbs potatoes, diced
- ☐ 1-2 limes (choose 2 if they are small)
- ☐ 3 cups sliced leek greens and whites
- ☐ 1/4 cup finely diced red onion
- ☐ 2 medium onions, diced
- ☐ Diced tomatoes

### **Baking Aisle**

- ☐ ¼ cup cornstarch
- ☐ 3 tablespoons canola oil (or other light-tasting oil or butter)
- ☐ 1 tbsp canola oil

### **Grains and Pastas**

- ☐ 12 oz (340g) dry macaroni noodles
- ☐ Cooked brown rice
- ☐ Rice

### **Dairy/Refrigerated/Frozen Section**

- ☐ ½ cup cream cheese
- ☐ 200 g (7 oz) cheddar cheese
- ☐ 1 ½ cups milk
- ☐ Shredded cheese (cheddar, Monterey Jack, or mozzarella)
- ☐ 2 cups frozen peas
- ☐ Thawed frozen corn kernels
- ☐ ¼ cup butter
- ☐ 2 eggs

### **Canned Goods Aisle**

- ☐ 1 (28 oz / 796 ml) can diced tomatoes
- ☐ 1 (5.5 oz / 155 ml) can tomato paste
- ☐ ½ cup sundried tomatoes
- ☐ ½ cup marinara sauce
- ☐ 1 cup peach purée

### **Spices/Seasoning Aisle**

- ☐ ¼ tsp chili flakes
- ☐ 1 tsp salt
- ☐ ½ tsp salt
- ☐ A dash of cayenne pepper
- ☐ 1 tbsp garam masala
- ☐ 2 tsp cumin
- ☐ 1 tbsp turmeric

☐ 3 tbsp yellow curry paste

☐ 1 tbsp bouillon paste (chicken or vegetarian)

**Oil and Condiments Aisle**

☐ 1 tbsp chicken Better Than Bouillon

**Other**

☐ 5 cups water

**Meat/Poultry Section**

☐ ½ lb shrimp

☐ Cooked, thinly sliced, pulled, or shredded chicken