



## **Supper Club Grocery List #117**

### **Produce Section**

- ☐ Basil leaves, fresh (handful)
- ☐ Bean sprouts (200 g / 7 oz)
- ☐ Broccoli, chopped (2 cups)
- ☐ Carrot, shredded (1)
- ☐ Cherry tomatoes, chopped (1 cup)
- ☐ Cucumber, diced (1)
- ☐ Garlic, cloves (6 total: 4 minced + 3 minced)
- ☐ Green onions (listed twice; get extra for toppings and cooking)
- ☐ Limes
- ☐ Onion, red, chopped (1 small)
- ☐ Onions, sliced thinly (2)
- ☐ Oregano, fresh, chopped (handful or 2 tbsp dried)
- ☐ Red pepper, diced (1)
- ☐ Roma tomatoes (4 medium)
- ☐ Tomatoes, diced (canned or fresh, 1 portion)

### **Canned Goods Aisle**

- ☐ Chili (1 can)
- ☐ Corn chips
- ☐ Nacho cheese sauce (ingredients listed below)
- ☐ Oyster sauce (2 tbsp)
- ☐ Red wine vinegar (2 tbsp)
- ☐ Tomatoes, diced (if not using fresh)

### **Baking/Pantry Aisle**

- ☐ All-purpose flour (2½ cups)
- ☐ Flat rice noodles (250 g / ½ lb)
- ☐ Quinoa, dried (1½ cups)
- ☐ Brown sugar (1 tsp)
- ☐ Cornstarch (1 tbsp)
- ☐ Yeast (2¼ tsp)
- ☐ Warm water (1 cup, for yeast mixture)
- ☐ Lemon juice (½ cup)
- ☐ Peanuts, chopped (for garnish)

### **Dairy/Refrigerated Section**

- ☐ Cottage cheese (2 cups)
- ☐ Cheddar cheese, shredded (1 cup)
- ☐ Egg (2 total)
- ☐ Feta cheese, crumbled (1 cup)
- ☐ Milk (¾ cup)
- ☐ Mozzarella cheese, shredded (300 g / 10 oz)
- ☐ Parmesan cheese (for sprinkling)
- ☐ Sour cream
- ☐ Tater Tots

### **Meat/Poultry Section**

- ☐ Chicken breasts, grilled and diced (2)
- ☐ Shrimp (225 g / ½ lbs)

### Spices/Seasoning Aisle

- ☐ Basil, dried ( $\frac{1}{2}$  tsp)
- ☐ Chili flakes ( $\frac{1}{4}$  tsp + extra for garnish)
- ☐ Chili powder ( $\frac{1}{4}$  tsp)
- ☐ Garlic powder ( $\frac{1}{4}$  tsp)
- ☐ Onion powder ( $\frac{1}{4}$  tsp)
- ☐ Oregano, dried (if not using fresh, 2 tbsp)
- ☐ Salt ( $\frac{1}{4}$  tsp +  $\frac{1}{2}$  tsp +  $1\frac{1}{2}$  tsp = total  $2\frac{1}{4}$  tsp)
- ☐ Sugar (2 tsp + 2 tsp + garnish sugar = ~4 tsp total)

### Oil and Condiments Aisle

- ☐ Buffalo sauce (1 tbsp)
- ☐ Canola oil (1 tbsp)
- ☐ Fish sauce (1 tbsp)
- ☐ Olive oil ( $\frac{1}{2}$  cup + 2 tbsp +  $\frac{1}{4}$  cup + 1 tbsp = total  $\frac{3}{4}$  cup + 3 tbsp)
- ☐ Sesame or peanut oil (1 tbsp)
- ☐ Vinegar (5 tbsp)