

Soprepared... "cheat week"

Staple Pantry Items:

Salt & Pepper
Garlic Salt
Olive Oil
Vegetable Oil
Sesame Oil
Chili Powder (good chili powder)
Cumin
Sugar
Brown Sugar
Peanut Butter
Chicken stock/broth

Produce:

Romaine Lettuce (3 hearts)
Head of Broccoli
4 Onions
8 Garlic Cloves (1-2 heads)
Ginger Root
Red Bell Pepper
Cilantro
Limes (2-3)
Pizza Toppings
optional (for slaw/rice):
2 Fennel Bulbs
2 Tangerines (or clementines)
4 Radishes
2 (more) Limes
Scallions (for slaw & Fried Rice)
Basil

Shelf Stable:

30 oz Marinara (Rao's)
Breadcrumbs
Ceasar Dressing (Newman's Creamy)
Coriander (ground)
Cayenne (or Chipotle)
Flour Tortillas
French Bread
Rice Vinegar
Soy Sauce
Red Curry Paste
Coconut Milk
Fish Sauce

Meat/Dairy:

1 1/2 - 2 lbs Haddock
3 lb Beef Chuck Roast
4 lb Bone in Chicken pieces (bell & Evans)
1 1/2 lb boneless, skinless Chicken Breasts
1 pkg Taco Cheese
1 pkg Pizza Cheese
Parmesan Cheese (for Haddock)
2 Eggs
Pepperoni

Frozen Section:

Frozen Organic Rice (3 bags/box)
1 pkg mixed veggies
1 pkg frozen peas