

Meat & Poultry

- 4 (6-oz) boneless chicken breasts
- 4 bone-in pork chops, 1-inch thick
- 4 (8-oz) ribeye steaks
- 4 lb whole chicken
- 1 lb Italian sausage
- 8 slices deli-sliced ham

Fish & Seafood

- 1 lb Mahi-Mahi or snapper fillets

Produce

- 3 pints cherry tomatoes
- 1 head green cabbage
- 2 carrots
- 20 oz Brussels sprouts
- 1½ lbs mini gold potatoes
- 1½ lbs baby red potatoes
- 1 lb cremini mushrooms
- 1 yellow onion
- 3 sweet onions
- 2 bell peppers, red, green or yellow
- 4 ears corn
- 3 cloves garlic
- 3 shallots
- 3 scallions
- 2 limes
- 1 lemon
- fresh parsley
- fresh basil
- fresh thyme
- fresh chives
- salad (accompany pasta & steak)
- asparagus or other veg (for chicken)
- 4 russet potatoes (accompany steak)

Dairy

- milk
- ¼ cup heavy cream
- 4 large eggs
- 3 tbsp butter
- 8 slices Swiss cheese
- 12 slices provolone cheese
- 8 oz Parmesan cheese

Dry Goods

- 1 lb dried pasta
- orzo (to accompany the chicken)
- 4 tbsp capers
- ½ cup mayonnaise
- ¾ cup marinara sauce
- sriracha chili sauce
- 12 oz summer or amber ale
- 8 (6-inch) flour tortillas
- 4 long crusty rolls

Pantry Staples

- olive oil
- vegetable or canola oil
- white wine vinegar
- rice wine vinegar
- Dijon mustard
- whole grain mustard
- Worcestershire sauce
- honey
- sugar
- brown sugar
- flour
- baking powder
- breadcrumbs
- panko breadcrumbs
- 1 cup chicken stock
- ½ cup red wine vinegar

Spices

- Italian seasoning
- chili powder
- cumin
- smoked paprika
- paprika
- dry mustard powder