

### Meat & Poultry

- 8 boneless chicken breasts
- 4 bone-in chicken thighs
- 1½ lbs ground beef
- 1 lb ground pork
- 1 lb ground veal (or turkey)

### Fish & Seafood

- 4 fillets salmon (1½-inch thick)

### Produce

- fresh ginger
- 4 cloves garlic
- fresh sage
- fresh parsley
- fresh thyme
- 2 limes
- 8 oz mushrooms
- 1 red bell pepper
- 3 yellow onions
- 1 large Vidalia onion
- 7 carrots
- 5 ribs celery
- 1 russet potato
- 3 scallions
- salad greens (to accompany pasta)
- coleslaw

### Dairy

- 7 oz butter
- 3 eggs
- 12 oz milk
- 9 oz heavy cream
- 14 oz buttermilk
- 8 oz Parmesan cheese

### Dry Goods

- bread & butter pickle chips
- 1 lb dried fettucine pasta
- 12 oz dried penne pasta
- 8 oz dried rice noodles or linguini
- chili garlic paste
- peanut butter
- 1 tbsp BBQ sauce
- 28 oz canned diced tomatoes
- 6 oz beer
- 4 Kaiser or brioche rolls
- 1½ cups frozen peas & corn

### Pantry Staples

- olive oil
- sesame oil
- vegetable or peanut oil
- soy sauce
- honey
- rice wine vinegar
- apple cider vinegar
- breadcrumbs
- flour
- self-rising flour
- brown sugar
- powdered sugar
- baking powder
- baking soda
- rolled oats
- 34 oz chicken stock
- 24 oz beef stock
- ketchup
- mayonnaise
- Worcestershire sauce
- ½ cup white wine
- 1 cup sweet marsala wine

### Spices

- dried thyme
- dried oregano
- cayenne pepper
- dried sage
- paprika
- bay leaf
- celery seeds
- fennel seeds