

Meat, Poultry & Fish

- 4 boneless chicken breasts
- 5 to 6 skinless bone-in chicken thighs
- 4 bone-in pork chops (1-inch thick)
- 1 lb ground turkey
- 1 ½ - 2 lbs top round beef steak - London Broil (1½ -2 inches thick)
- 4 (6- to 7-oz.) fillets Tilapia
- ¼ lb ham
- 3 slices bacon (optional)

Produce

- 3 onions
- 1 red onion
- 1 bunch scallions
- 6 cloves garlic
- 4 stalks rhubarb
- 1 bulb fennel
- 1 rib celery
- 2 carrots
- 2½ bunch asparagus
- 5½ oz brown mushrooms
- 1 cucumber
- 2 lbs red potatoes
- 7 russet potatoes
- 7 lemons
- 2 oranges
- ½ oz dried wild mushrooms
- Fresh parsley
- Fresh thyme
- Fresh oregano
- Fresh rosemary
- Fresh dill
- 1 to 2 tomatoes (for burgers)
- vegetables of choice (to grill with rhubarb chicken & pork chops)
- salad greens (to accompany pasta & fish)

Dairy

- 4 oz butter
- 4 eggs
- 2 cups heavy cream
- ½ cup plain Greek yogurt
- 1¼ cups grated Parmesan
- ⅓ cup crumbled feta cheese
- ¼ cup sour cream (+ more for baked potatoes)
- ¾ cup grated Cheddar cheese

Dry Goods

- 16 oz spaghetti
- 1⅓ cups couscous
- 1⅓ cups white wine
- 1¼ cups red wine
- ½ cup ketchup
- 1 cup ground almonds
- ½ cup chopped hazelnuts
- ¼ cup Kalamata olives
- 3 tbsp seasoned breadcrumbs
- cooked rice (to accompany chicken)
- 8 slices multi grain bread

Pantry Staples

- olive oil
- apple cider vinegar
- Worcestershire sauce
- soy sauce
- honey
- Dijon mustard
- sugar
- dark brown sugar
- flour

Spices

- cayenne pepper
- paprika
- thyme
- oregano
- crushed red pepper flakes