

Groceries - Week One (to serve 1, with leftovers) - from [Katie at the Kitchen Door](#)

- fresh button mushrooms x12 oz.
- broccoli x4 small heads
- clementines x8
- grapefruit x1
- lemons x4
- apples x2
- green grapes x1 sm. bunch
- avocados x2
- brussels sprouts x10
- arugula OR spinach x1 5 oz. box
- tuscan kale x1 large bunch
- chestnuts x25
- leek x1 small
- sw. potato x1 small
- shallot x1 small
- fresh ginger x1-inch piece
- onion x5
- scallions x1 bunch
- celery x2 sticks
- carrot x3
- russet potatoes x6 small
- garlic x2 heads
- fresh parsley x1 bunch
- fresh mint x 1 small box
- fresh thyme x1 small box
- fresh dill x1 bunch
- cucumber x1
- cherry tomatoes x1 pint box
- red onion x1
- frozen raspberries x1 bag
- frozen blueberries x1 bag

- chickpeas x2 3/4 c. (or 2 14.5-oz cans)
- lentils x1/2 c.
- bulghur x1 1/3 c.
- quinoa x2 cups (uncooked)
- brown rice x1c.
- dried wild mushrooms x1/3 c.
- pecans x1 c.
- cashews x1/2 c.
- whole almonds x1/4 c.
- dried cherries x1 c.
- anchovies x7
- chicken stock x32 fl. oz (4 cups)
- pitted kalamata olives x1 small container
- beer x1 can (6 oz.)
- diced tomatoes x1 28 oz. can
- crushed tomatoes x1 28 oz can
- tomato paste x1 small can
- kidney beans x2 14.5 oz cans
- whole wheat burger buns x6 (for breadcrumbs, burgers, tartine, croutons)
- chocolate chips (just a few)
- eggs x1 dozen
- plain greek yogurt x2 6 oz. cups
- skim milk x 4c.
- buttermilk x 1/2 c.
- goat cheese x4 oz.
- parmesan x1 small wedge
- pecorino x1 small wedge
- gouda x1 small wedge
- chorizo x1 link (3 oz.)
- hot italian sausage x1/4 lb.
- boneless skinless chicken breasts x1

The above grocery list assumes that you have the following items in your pantry:

- butter
- olive oil
- sherry vinegar
- red wine vinegar
- soy sauce
- creme de cassis
- maple syrup
- honey
- peanut butter
- salt
- pepper
- vanilla extract
- ground coriander
- ground cumin
- ground cinnamon
- ground ginger
- ground cardamom
- ground nutmeg
- ground turmeric
- ground cloves
- ground anise
- chili powder
- dried parsley
- dried basil
- dried oregano
- dried sage
- ground allspice
- whole cumin
- cayenne powder
- crushed red pepper flakes
- bay leaves
- breadcrumbs
- raisins
- flour
- cornmeal
- baking powder
- cocoa powder
- brown sugar