



Grocery LIST

@THESAMANTHAELAINE



PROTEINS

rotisserie chicken, 1 each
chicken breast, 1 1/2 lb
ground lamb, 1 lb
andouille sausage, 12 ounces
shrimp, 12 ounces
extra-firm tofu, 2 12-ounce packages

PRODUCE

red onion, 1 each
brown onions, 2 each
garlic, 2 head
carrots, 3 each
okra, 1/2 lb
asparagus, 1 lb
cucumber, 1 each
cherry tomatoes, 1 pint
red bell pepper, 1 each
mixed greens, 1 5-ounce container
celery, 1 bunch
limes, 2 each
poblano pepper, 1 each
avocado, 1 each
cilantro
parsley
ginger root

DAIRY

non-dairy shredded cheese

OTHER

tomato paste, 1 can
garbanzo beans, 2 cans
black beans, 1 can
chipotles in adobo, 1 can
fire-roasted diced tomatoes, 1 can
kalamata olives, 1 jar
salsa, 1 jar
pesto, 1 5 ounce jar
agave or honey
frozen peas, 1 bag
frozen corn, 1 bag
frozen phyllo sheets or GF pie crust
sliced almonds, 1/2 cup
dried apricots, 1/4 cup
ground coriander
cajun seasoning

