



# Grocery list

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## PRODUCE

- 2 onions
- 1 shallot
- 1 carrot
- 1 medium cauliflower
- 1 red bell pepper
- 300 g shiitake mushrooms
- 1 bunch beets, about 750 g
- 1 avocado
- 3 plum tomatoes
- 1 large fennel bulb
- 1 bunch green onions
- 1 head garlic
- 1 knob ginger
- 1 pkg chives
- 1 bunch dill
- 1 lemon

## PROTEIN

- 1 skinless, boneless chicken breast
- 375-g pkg bacon
- 6 tilapia fillets, about 950 g

## DAIRY

- 35% cream

## DRY GOODS

- quinoa
- 500 g pappardelle
- sliced almonds
- 900 mL vegetable broth
- pitted kalamata olives
- capers
- 796-mL can diced tomatoes
- 236 mL clam juice

## FROZEN GOODS

- frozen peas
- frozen corn

## CHECK YOUR

**PANTRY FOR** olive oil, canola oil, sesame oil, rice vinegar, soy sauce, low-sodium soy sauce, hoisin sauce, dry vermouth, honey, bay leaf, hot-red-chili flakes, salt, pepper, 3 eggs.