

This Week's Grocery List		
Baking Aisle	Dried Parsley	
	Cayenne Pepper	
Bread	4 (7-inch) pitas	
	tortillas	
	fresh bread	
Condiments	salt	
	black pepper	
	cider vinegar (we used Saratoga's pomegranate balsamic vinegar)	
	extravirgin olive oil	
	pitted kalamata olives	
	spiedie or other marinade	
	Asian Sweet Chili Sauce	
	Crushed Red Pepper Flakes	
	Teriyaki Sauce	
	1 chipotle chile in adobo sauce	
	Nantucket Off-Shore Bayou Rub (all natural, no salt, no sugar)	
Dairy	butter	
	whipping cream	
	(2 ounces) grated fresh Parmigiano-Reggiano cheese	
	(4 ounces) part-skim Mozzarella cheese	
Fish	Salmon	
	1-1.5 pounds of Tilapia	
Meat	Chicken Breasts, thin sliced	
	ground turkey	
Pasta	1 pound uncooked farfalle (bow tie pasta)	
	Quinoa	
Vegetables	12 ounces pre-sliced exotic mushroom blend or combo of any shrooms	
	onion	
	shallots	
	garlic	
	grape tomatoes	
	basil leaves	
	4 cups packaged gourmet salad greens	

	Pineapple Rings (canned or fresh)	
	4 garden ripe tomatoes	
	1 small red onion	
	garlic	
	1 large jalapeno	
	handful of fresh cilantro	
Wine	dry white wine	