

PRODUCE	
	2 large carrots
	1 10z bag broccoli florets
	1 small onion
	1 medium sweet potato
	1 pint blueberries
	1 ripe banana
	1 head garlic
	1 medium potato
	2 whole mushrooms
	2 servings fresh fruit of choice

FROZEN	
	1 bag frozen peas

DAIRY & EGGS	
	5 large eggs
	1 small container Greek yogurt/sour cream
	1 stick unsalted butter
	1 pint heavy cream/half-and-half
	1 8oz bag shredded jack cheese
	1 8oz bag shredded cheddar cheese

PROTEINS	
	1 rotisserie chicken
	8oz boneless skinless chicken thighs

DRY GOODS	
	1 32oz container chicken/vegetable stock
	1 15oz container breadcrumbs
	1 18oz container rolled oats
	1 16oz bag cooked brown rice
	1 24oz bag brown sugar
	1 small jar peanut butter
	1 15oz can canned pinto beans
	1 14.5oz can canned diced tomatoes
	1 16oz box dry macaroni
	1 5oz can evaporated milk
	1 small container cornstarch

PANTRY	
	kosher salt
	black pepper
	1 2.5oz jar garlic powder
	1 2.5oz jar chili powder
	1 2.5oz jar smoked paprika
	1 4lbs bag sugar
	1 16oz container olive oil