

<i>Produce</i>	<i>Quantity</i>
<b>FRESH HERBS, LETTUCES:</b>	
PARSLEY, ITALIAN FLAT LEAF	
ROSEMARY	
THYME	
CILANTRO	
MINT	
SAGE	
BASIL	
OREGANO	
DILL	
MARJORAM	
TARAGON	
<b>FRUIT:</b>	
LEMONS	
LIMES	
ORANGES, GRAPEFRUIT	
RED APPLES	
GRANNY SMITH APPLES	
AVOCADO	
<b>ROOTS:</b>	
GARLIC HEADS	
YELLOW ONIONS	
WHITE ONIONS	
SHALLOTS	
RED ONIONS	
GINGER	
CARROTS	
TURNIPS	
PARSNIPS	
IDAHO POTATO	
SWEET POTATO	
<b>OTHER PRODUCE:</b>	
BROCCOLI	
ZUCCHINNI	
STRING BEANS	
CAULIFLOWER	



<i>GROCERY</i>	<i>Quantity</i>
<b>GENERAL GROCERY</b>	
NUT BUTTERS (ALMOND, CASHEW, SUNFLOWER, PEANUT)	
LOW SODIUM ORGANIC CHICKEN STOCK/BROTH	
LOW SODIUM ORGANIC VEGETABLE STOCK/BROTH	
LOW SODIUM ORGANIC BEEF STOCK/BROTH	
VARIOUS JAMS	
CAPERS	
VARIOUS PASTA SHAPES: SPAGHETTI, ORZO, COUS COUS, ISRAELI COUS COUS, ROTELLE OR PENNE	
GRAINS: QUINOA, BUCKWEHAT, MILLET, QUICK POLENTA	
RICE: SHORT GRAIN BROWN RICE, JASMINE RICE, BASMATI RICE, ARBORIO (RISOTTO).	
<b>SPICE AISLE</b>	
Cumin, Cayenne, Red Pepper Chili Flakes, Curry Powder, Onion Powder	
Cardamom (whole or ground) Fennel Seed, Mustard Seed	
Celery Seed or Salt, Ground Cinnamon, Cinnamon Sticks, Ground and Whole Cloves, Chinese 5-Spice, Ras Al Hanout, Smoked Paprika, Sweet Paprika, Mustard Powder	
Allspice, Star Anise, Bay Leaf, Whole Nutmeg, Ground Ginger, Dried Oregano, Dried Rosemary.	
Sesame Seed, Poppy Seed	
DIAMOND CRYSTAL Kosher Salt, MALDON SEA SALT FLAKES OR SEL GRIS.	
Black Peppercorns for Grinding	
<b>CANNED GOODS</b>	
LOW SODIUM TUNA IN WATER	
DICED TOMATOES, OR WHOLE PEELED	
ANCHOVIES	
WHITE CANNELONI BEANS OR NAVY BEANS	
BLACK BEANS, KIDNEY BEANS, GARBANZO BEANS	
<b>BAKING AISLE</b>	
VARIOUS NUTS: (WALNUTS, ALMONDS, PECANS, HAZELNUTS, CASHEWS, PINE NUTS)	
VARIOUS SEEDS: SUNFLOWER, POPPY, SESAME, BLACK SESAME	
BAKING SODA, BAKING POWDER, ACTIVE DRY YEAST	
ALL-PURPOSE UNBLEACHED FLOUR	
WHOLE WHEAT FLOUR, CORN MEAL	
ALMOND FLOUR, CORN FLOUR, GLUTEN FREE FLOUR MIX	
GRANULATED SUGAR, CONFECTION SUGAR, LIGHT BROWN SUGAR, DARK BROWN SUGAR	
MOLASSES, HONEY, MAPLE SYRUP	
CORN STARCH OR POTATO STARCH	
UNSWEETENED COCAO, DUTCHED COCAO	
SEMI-SWEET CHOCOLATE CHIPS	
VANILLA EXTRACT, ALMOND EXTRACT, ORANGE EXTRACT	
<b>CONDIMENTS, OILS, VINEGARS</b>	
MUSTARD: YELLOW, BROWN, DIJON	
MAYONAISE, KETCHUP	
MISO	
TABASCO	

<b>WORSTECQUIRE SAUCE</b>	
<b>SRACHA HOT SAUCE</b>	
<b>TAMARI SAUCE (SOY SAUCE)</b>	
<b>RICE WINE VINEGAR</b>	
<b>MIRIN</b>	
<b>BALSAMIC VINEGAR</b>	
<b>WHITE VINEGAR</b>	
APPLE CIDER VINEGAR	
SHERRY VINEGAR	
RED WINE, WHITE WINE VINEGARS	
EXTRA VIRGIN OLIVE OIL (GOOD RAW QUALITY)	
EXTRA VIRGIN OLIVE OIL (COOKING QUALITY)	
GRAPESEED OR CANOLA OIL	
WALNUT OR ALMOND OR OTHER SPECIALTY OIL	

### ***PROTEIN***

### ***Quantity***

BONELESS CHICKEN BREAST	
GROUND MEAT (TURKEY, BEEF, PORK, CHICKEN OR LAMB)	
WHOLE CHICKEN OR BONE IN CHICKEN PARTS FOR ROASTING, BRAISING OR SOUP	

### ***DAIRY***

### ***Quantity***

UNSALTED BUTTER	
SOUR CREAM	
HEAVY CREAM/ HALF AND HALF	
MILK; NUT MILKS	
CREAM CHEESE, RICOTTA, COTTAGE CHEESE	
PARMESAN; ROMANO GRATED OR WHOLE	
CHEDDAR, SWISS, FETA, BLUE CHEESE	
MEXICAN CHEESE BLEND	

### ***ALCOHOL/WINE/OTHER***

### ***Quantity***

COOKING WINES: WHITE DRY, RED DRY, SHERRY, MADERA, MARSALA, SHERRY	
DARK RUM, BRANDY, VODKA, GRAND MARNIER, BOURBON	
ORANGE BITTERS	