

# Master Grocery List

## Produce

- 2 lb. potatoes
- 2 to 4 large heads broccoli (to get 8 cups florets)
- 2 lb. green beans
- Onions: 2 medium yellow, 1 small red
- 2 lemons

## Dry Goods and Condiments

- 1 lb. macaroni noodles (or similar)
- 1 1/2 cups long-grain white rice
- 1 (14.5-oz.) can crushed tomatoes
- 1 1/3 cups olives (your favorite variety)
- 1/2 cup nonpareil capers

## Protein

- 4 lb. bone-in, skin-on chicken thighs
- 4 (6 to 8 oz.) salmon fillets
- 12 oz. Organic Prairie Ground Meat (beef, pork, chicken, or turkey)

## Dairy and Eggs

- 4 large Organic Valley Eggs
- 2 cups Organic Valley Milk
- 3 packages Organic Valley Thick-cut Shredded Cheese: 1 pkg. Italian blend or Mozzarella, and 2 pkg. variety(ies) of your choice
- 10 Tbsp. Organic Valley Butter or Ghee

## Pantry Staples and Optional Items

- Olive oil
- Dried basil
- Fresh parsley
- Flour
- Mustard (variety of choice)
- Chicken or vegetable stock
- Salt and pepper