

Grocery List

PRODUCE

- 2 medium oranges
 - 1 tbsp chives
 - 2 tsp fresh dill
 - ½ cup onion
 - 1 red bell pepper
 - 2 cloves garlic
 - 4 cups rhubarb
(can also use frozen rhubarb – Safeway carries it)
 - 4 cups strawberries, chopped
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MEAT/POULTRY/DAIRY

- 1 ¼ cups milk (1%)
 - 8 large eggs
 - ¾ cup diced ham (about 2 – 3 thick slices)
 - ½ cup gruyere cheese
 - 9 tbsp butter
 - ¾ cup buttermilk
 - ¾ cup parmesan cheese
 - ½ cup asiago cheese
 - 1 cup cheddar cheese
 - 1 lb extra lean ground beef
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DRY GOODS

- 1½ cups wheat bran
- 4 ½ cups all-purpose flour
- ¼ cup whole wheat flour
- 1 cup semolina (called Durum Wheat Semolina – can be found in regular grocery stores)
- ¾ cup cornmeal
- 2 ¼ tsp baking powder
- 1 ¾ tsp baking soda
- ½ cup dried cranberries
- 5 tbsp canola oil
- 2 tbsp extra-virgin olive oil
- ¼ cup fancy molasses
- ½ cup light brown sugar
- 1 tsp vanilla
- 1 tsp Dijon mustard
- 1 can no-salt-added diced tomatoes (398 mL)
- 1 can tomato sauce (213 mL)
- 2 tsp instant yeast (rapid-rise yeast)
- ¼ cup old-fashioned oats
- ¼ cup wheat germ
- 2 tbsp almonds (finely chopped)
- ½ cup granulated sugar
- 2 tbsp cornstarch
- 1 can non-stick cooking spray

Grocery List

FROZEN

- 1 cup frozen corn kernels
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SPICES

- 3 tsp salt
- ¼ tsp pepper
- 1 tbsp chili powder
- 1 tsp dried oregano
- 1 tsp cumin
- ¼ tsp cayenne
- ½ tsp garlic powder
- ½ tsp dried basil
- ½ tsp dried rosemary
- ½ tsp ground cardamom