

Grocery List

1/14/17 2:24 PM

Meats:

- 5 lbs boneless pork shoulder
- 6 ounces diced pancetta
- 6 slices prosciutto
- 1 lb ground beef or turkey
- ½ lb ground spicy Italian turkey sausage (freeze half the package for another use)
- pepperoni

Produce:

- 1 lb Carrots
- Yellow onion
- red onion
- broccoli
- Garlic
- orange
- red bell pepper
- lime
- 2 spaghetti squash
- 2 packs "zoodles" (zucchini noodles found at Whole Foods).
- Kale

Pantry Items:

- 12 wraps
- Chicken Stock
- dijon mustard
- dill pickle slices
- cumin
- oregano
- brown rice
- vegetable oil
- honey
- soy sauce
- 3 jars tomato sauce
- tomato paste
- Mayo