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| PANTRY LIST  |
|  |
| Chicken Breast - 2 ea - 4oz |
| Beef Top Sirloin Steak – 2 ea – 4 oz |
| Ground Turkey ½# |
| Ground Beef 80/20 ½# |
| Eggs – 4 each |
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| Milk – ½ cup |
| Cheddar Cheese ½ cup |
| Mozzarella Cheese ½ cup  |
| Sour Cream ½ Cup |
| Butter Unsalted – 1 stick |
|  |
| Red Pepper – 1 each |
| Green Pepper – 1 each |
| Carrots – 2 each  |
| Onion - 1 each |
| Celery – 2 Stalks(ribs) |
| Garlic – 3 cloves |
| Spinach - 2 cups Raw |
| Lemons - 2 each |
| Limes – 2 each |
| Oranges – 2 each |
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| Rice – pre-cooked ¼#  |
| Spaghetti - pre-cooked 1/4 # |
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| Salt and Black Pepper as needed |
| Olive Oil as needed |
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| Honey - ¼ cup |
| Yellow Mustard – 1/3 cup |
| Ketchup – 1/3 cup |
| Salsa – medium heat – 1/3 cup |
| Soy Sauce |
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| Spices – (Thyme, Oregano, Rosemary, Chili Powder, Cumin, Paprika, Cinnamon, Basil) as needed |