

# Grocery list

August 18, 2020

## 1 Cereal

- Cereal
- Milk

## 2 Parfait

- Granola
- Nuts
- Yogurt
- Fruits
- Whipped Cream

## 3 Donuts

- Milk
- Granulated Sugar
- Active Dry Yeast
- All-purpose Flour
- Salt
- Butter
- Eggs
- Vanilla Extract
- Canola or Vegetable Oil
- Powdered Sugar

## 4 Sandwich

- Bread
  - Rye
  - Cuban
  - Ciabatta
  - Kaiser
  - Pita
- Meats
  - Pig
    - \* salami
    - \* Bacon
    - \* Pulled pork

- \* Ham
- \* Roast pork
- \* Pastrami
- Turkey
- Cow
  - \* Corned beef
  - \* Ground beef
  - \* Brisket
  - \* Steak
- Chicken
- Egg
- Bologna Sausage
- Tuna Salad
- Hot dog
- Fried Seafood
- Vegetables
  - Lettuce
  - Tomato
  - Coleslaw
  - Cucumber
  - Onion
  - Sauerkraut
  - Pickle
  - Chickpea salad
  - Spinach
  - Onion Rings
  - Banana Peppers
  - Jalapeno
  - Bean sprouts
- Cheese
  - Mozzarella
  - Swiss
  - Gruyère
  - Provolone
  - Parmesan
- Other
  - Mayonnaise
  - Mustard
  - Thousand Island dressing
  - Tzatziki
  - Mushrooms
  - Peanut-butter oil
  - Olive oil

## 5 Thai Chicken Curry With Bell Pepper

- 3 Chicken Breasts
- 2 Red Bell Peppers
- Garlic Paste, Ginger Paste, Red Thai Curry Paste
- Coconut Milk, Lime Juice, soy sauce
- salt, pepper, veg oil, Basil Leaves

## 6 Bhindi Fry

- 16 oz okra, 3 tomatoes, 3 onions
- chili powder, turmeric powder, salt, coriander seeds, veg. oil.

## 7 Lahori Cholay

- 3 cups Chickpeas, 2 onions, 3 garlic cloves, 2 tomatoes
- ginger slice, olive oil, salt, chili powder, cinnamon, bay leaf, cumin seeds

## 8 Potato Curry

- 5 potatos, 2 red chilies
- 1 cup fenugreek leaves
- chili powder, curry powder, salt, olive oil

## 9 Lasooni Dal

- 2 cups Whole green lentils, 1 tomato
- garlic paste, sea salt, chili powder, turmeric powder, dry coriander, lime juice, olive oil, coriander leaves

## 10 Egg Salad

- 6 hard boiled eggs, peeled and chopped
- 3 tablespoons mayonnaise
- 1 teaspoon finely chopped red onion
- 1/4 teaspoon kosher salt
- fresh black pepper, to taste
- 1/8 teaspoon sweet paprika, for garnish
- chopped chives, for garnish