

Grocery list

May 5, 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