Supper Club Grocery List #121

Produce Section

- ☐ 1 large red onion, sliced
- ☐ 1 red pepper, chopped
- ☐ 1 small zucchini, sliced
- ☐ ½ large mango or 1 small, sliced
- ☐ ½ cup sugar snap peas
- ☐ 1 tsp grated ginger
- ☐ ¼ cup chopped fresh cilantro
- ☐ 8 oz mushrooms, sliced
- ☐ 5 cloves garlic (1 minced + 4 crushed)
- ☐ Juice of 3 limes (≈ 4 tbsp total)
- ☐ 14 oz (398 g) coleslaw mix (about 4 cups)

Bakery Aisle

- ☐ 8 corn tortillas
- ☐ 12 English muffins

Dairy/Refrigerated/Freezer Section

- ☐ 1 cup finely shredded cheddar cheese
- ☐ 12 eggs
- ☐ 12 slices cheddar cheese
- ☐ ¼ cup mayo
- ☐ ¼ cup plain Greek yogurt
- ☐ 1 cup plain yogurt
- ☐ 2 cups frozen corn

Pantry/Dried Goods Aisle

- ☐ 1 (12 oz) box rotini
- ☐ 1 (15 oz / 1.5 cup) can black beans, drained & rinsed
- ☐ 1 single chipotle pepper in adobo sauce, finely diced
- ☐ 2 whole chipotle peppers in adobo sauce
- ☐ 2 tsp brown sugar
- ☐ ½ cup peanut butter
- ☐ ½ cup water
- ☐ 8 oz whole wheat spaghetti (or rice alternative)
- ☐ 2 cups salsa

Spices/Seasoning Aisle

- ☐ ½ tsp salt
- ☐ ¼ tsp cayenne
- ☐ 1 provincial herb blend

Oil and Condiments Aisle

- ☐ 3 tbsp canola oil
- ☐ 3 tbsp soy sauce
- ☐ 1 tbsp sesame oil

Meat/Poultry Section

- ☐ 2 boneless skinless chicken breasts
- ☐ 4 fillets of fish, cut into finger-size strips (breaded or not)
- ☐ 12 slices turkey breast