



The Groceries

Butcher

3lb Whole Chicken

Dairy and Eggs

1 Cup of Butter

2 Cups of Milk

8 oz of Fresh Mozzarella

3 Eggs

Fruit and Veggies

1 Onion

5 Cloves of Garlic

4 Oz of Mushrooms

1 Bunch of Asparagus

3-4 Large Russet Potatoes

4 Tomatoes

Bunch of Basil

Drinks

1 Bottle of Your Favourite Red Wine

1 Cup of Coffee

Pantry

1 Cup Chicken Broth

¼ Cup of Cornstarch

2 Tablespoons of Coconut Oil

1 Tablespoon Balsamic Vinegar

Extra Virgin Olive Oil

½ Cup Vegetable Oil

1 Teaspoon Rosemary

1 Bay Leaf

Salt

Black Pepper

Baking

2 Cups Sugar

1¾ Cups Of Your Favorite Gluten Free Flour

¾ Cup Cocoa Powder (Unsweetened)

3 ½ Cups of Powdered Sugar

1 Teaspoon Baking Powder

1 Teaspoon Baking Soda

1 Teaspoon Sea Salt

2 Tablespoons Molasses

1 Teaspoon Vanilla Extract

1 ¼ Teaspoon Almond Extract