

## Grocery List

	Recipe	Cold Products	Pantry Products	Fresh Produce
Week 1	<b>Tikka Masala</b>	<ul style="list-style-type: none"> <li>4-6 boneless and skinless chicken thighs cut into bite-sized pieces</li> <li>1 cup plain yogurt</li> <li>2 T butter</li> <li>1 and ¼ cups heavy cream</li> </ul>	<ul style="list-style-type: none"> <li>4 teaspoons garam masala</li> <li>2 teaspoon turmeric</li> <li>3 teaspoon ground cumin</li> <li>1 teaspoon Kashmiri chili (or 1/2 teaspoon ground red chili powder)</li> <li>1 teaspoon of salt</li> <li>2 tablespoons of vegetable/canola oil</li> <li>14 oz tomato puree</li> <li>1 teaspoon ground red chili powder</li> <li>1 teaspoon salt</li> <li>1 tsp brown sugar</li> </ul>	<ul style="list-style-type: none"> <li>3 tablespoons minced garlic</li> <li>2 tablespoon ginger</li> <li>2 small onions</li> <li>1 bunch fresh cilantro</li> </ul>
	<b>Garlic Butter Rice</b>	<ul style="list-style-type: none"> <li>4 Tbsp unsalted butter</li> </ul>	<ul style="list-style-type: none"> <li>1 and 1/2 cups dry long grain</li> <li>2 1/2 cups low-sodium chicken broth</li> <li>Salt and freshly ground black pepper</li> </ul>	<ul style="list-style-type: none"> <li>1/4 cup finely chopped yellow onion</li> <li>1 1/2 Tbsp minced garlic (or up to 2 Tbsp)</li> <li>1 bunch fresh parsley</li> </ul>
	<b>Naan</b>	<ul style="list-style-type: none"> <li>2/3 cup plain yogurt</li> <li>2 large egg</li> </ul>	<ul style="list-style-type: none"> <li>4 tsp dry active yeast</li> <li>2 tsp sugar</li> <li>5-6 cups flour, divided</li> <li>1 tsp salt</li> <li>1/2 cup olive oil</li> </ul>	
Week 2	<b>Buttermilk Biscuits</b>	<ul style="list-style-type: none"> <li>1 cup buttermilk</li> </ul>	<ul style="list-style-type: none"> <li>3 cups flour</li> <li>1 T baking powder</li> <li>2 tsp. Sugar</li> <li>½ tsp. Cream of Tartar</li> <li>¼ tsp salt</li> <li>¼ tsp baking soda</li> <li>½ cup shortening</li> </ul>	
	<b>Sausage Gravy</b>	<ul style="list-style-type: none"> <li>1 lb. ground pork sausage</li> <li>2 T butter</li> <li>3 cups milk</li> </ul>	<ul style="list-style-type: none"> <li>½ cup flour</li> <li>¼ tsp garlic powder</li> <li>¼ tsp seasoned salt</li> <li>¼ tsp salt</li> <li>1 tsp black pepper</li> </ul>	
	<b>Hollandaise Sauce</b>	<ul style="list-style-type: none"> <li>3 egg yolks</li> <li>½ cup unsalted butter</li> </ul>	<ul style="list-style-type: none"> <li>1 T lemon juice</li> <li>1 tsp dijon mustard</li> <li>¼ tsp salt</li> <li>Pinch of cayenne pepper</li> </ul>	
	<b>Poached Egg</b>	<ul style="list-style-type: none"> <li>8 eggs</li> </ul>	<ul style="list-style-type: none"> <li>1-2 T Vinegar</li> </ul>	
	<b>Eggs Benedict</b>	<ul style="list-style-type: none"> <li>8-12 poached eggs from recipe above</li> <li>8 slices of canadian bacon</li> </ul>	<ul style="list-style-type: none"> <li>4 English muffins</li> </ul>	