

## Grocery list — Week 5

### Produce

- 1 lemon
- 1 medium onion
- 6 cloves garlic
- Fresh basil
- Fresh parsley
- 2 cups fresh strawberries
- ¼ cup red onion
- 4 oz baby arugula

### Meat

- 4 medium chicken breasts (about 6 oz each)
- 4 boneless pork loin chops, at least 1" thick

### Dairy & refrigerated

- 5 tablespoons salted butter + 1 tablespoon unsalted butter
- 1½ cups whipping cream
- 1 cup grated Parmesan or Grana Padano
- 2 oz soft goat cheese

### Bakery & pasta

- 12 oz penne pasta

### Canned & jarred

- 28 oz can whole tomatoes

- 3 tablespoons tomato paste
- ½ cup chopped sun-dried tomatoes

## Pantry

- Olive oil
- Honey
- Dijon mustard
- ⅓ cup vodka
- ½ cup dry white wine (or extra chicken stock)
- ½ cup chicken stock
- 3 tablespoons all-purpose flour
- ⅓ cup roasted sunflower seeds

## Spices & seasonings

- Sweet paprika
- Italian seasoning
- Red pepper flakes
- Garlic powder
- Onion powder
- Salt
- Black pepper

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