


Home Grilling Shopping List



Produce:

- Asparagus- 1 bunch
- Garlic peeled - from 3 bulbs
- Rosemary - few sprigs
- Mesclun mix/Spinach - 4 cups
- Fresh peas - 1/2 cup shelled
- Avocado- 2 each
- Strawberries diced - 1 cup
- Breakfast radish sliced - 1/2 cup
- Fresh oranges - 5 each

Proteins:

- Ribeye or New York (12 -16 oz cut) - 4 pieces
- 4 eggs whole

Dairy:

- Butter salted - 1 lb
- Goat cheese - 1/2 cup

Dry Essentials:

- Sea Salt to taste
 - Black pepper ground - to taste
 - 1/4 cup of sugar
 - Olive oil - 2 tablespoons
 - Blend oil - 2 cups
 - Walnut halves - 1/4 cup
 - Dijon mustard - 1 teaspoon
 - 8 oz dark chocolate (between 55% - 70%)
 - 1/4 teaspoon of vanilla essence
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