

# SHOPPING LIST

<p><b>Pantry</b></p> <ul style="list-style-type: none"><li>-sea salt</li><li>-pepper mill</li><li>-olive oil</li><li>-cinnamon</li><li>-ginger</li><li>-clove</li><li>-nutmeg</li><li>-cardamom</li><li>-paprika</li><li>-dry bay leaves</li><li>-whole peppercorns</li><li>-instant espresso powder</li><li>-grainy mustard</li><li>-apple cider vinegar</li><li>-red wine vinegar</li><li>-Swerve brand sweetener crystals</li><li>-cognac or whiskey</li><li>-gelatin</li><li>-sugar-free dark chocolate</li></ul>	<p><b>Veggies</b></p> <ul style="list-style-type: none"><li>-6-8 large heads of endive (any color)</li><li>-garlic 3 heads</li><li>-shallot</li><li>-winter savory</li><li>-rosemary</li><li>-sage</li><li>-parsley</li><li>-green beans 2 bags</li><li>-fennel</li><li>-kale</li><li>-chives</li><li>-white onion 2</li><li>-carrot 1 bag</li><li>-celery 1 bunch</li><li>-butternut squash 1 large</li><li>-crimini mushrooms</li><li>-white mushrooms</li><li>-seasonal mushrooms (chanterelle, maitake, hen of the woods, etc)</li><li>-cooked or raw chestnuts</li><li>-1 can unsweetened organic pumpkin puree</li></ul>
<p><b>Dairy</b></p> <ul style="list-style-type: none"><li>-organic whole milk ricotta</li><li>-Parmigiano Reggiano</li><li>-organic butter (cultured is better)</li><li>-heavy cream</li></ul>	<p><b>Protein</b></p> <ul style="list-style-type: none"><li>-organic stock of choice (turkey, chicken, veggie, can use bone broth too)</li><li>-eggs</li><li>-whole organic free-range turkey</li><li>-clean animal fat of choice (bacon fat, duck, goose, lard)</li></ul>
<p><b>Nuts/Seeds</b></p> <ul style="list-style-type: none"><li>-assorted nuts for mix (pecans, macadamia, walnuts, brazil nuts, and hazelnuts)</li><li>-coconut oil</li><li>-vanilla beans</li><li>-hazelnuts</li><li>-pinenuts</li><li>-macadamia nuts</li><li>-almond flour</li></ul>	<p><b>Fruits</b></p> <ul style="list-style-type: none"><li>-lemon 2-4</li><li>-cranberries 2 bags</li><li>-blood orange 4</li></ul>