

This grocery list includes every ingredient you would need to make any recipe from *The Cook-a-Palooza Experience* cookbook. We've also included some other items you may buy on a regular basis. You can find a copy of this grocery list at www.cookapalooza.com. We know grocery shopping isn't the most exciting thing to do but hopefully this list makes it a little easier. Shop-On!

Fresh Vegetables

- Asparagus
- Bean Sprouts
- Beans (Green / Yellow)
- Bell Peppers
- Broccoli
- Cabbage (Green / Red)
- Carrots
- Celery
- Cherry Tomatoes
- Corn
- Cucumber
- Garlic
- Ginger
- Green Onions
- Jalapëno Pepper
- Leeks
- Lemons / Limes
- Lettuce
- Mushrooms
- Olives
- Onions
- Potatoes
- Radishes
- Spinach
- Squash
- Sweet Potato
- Tomatoes
- Zucchini

Fresh Fruits

- Apples
- Avocado
- Bananas
- Blueberries
- Cantaloupe
- Kiwis
- Mangoes
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries

Baked Goods

- Baquette / Bread
- Flour Tortillas (7-inch / 10-inch)
- Pizza Crust Shell
- Pitas

Meat / Poultry

- Chicken
- Ground Beef (Lean)
- Ground Pork (Lean)
- Pork Back Ribs
- Pork Tenderloin
- Deli Slices
- Reduce Sodium Bacon
- Sirloin Steak
- Stewing Beef

Various Groceries

- Angel Food Cake
- Breadcrumbs
- Coffee
- Cookies
- Cornstarch
- Couscous
- Grenadine
- Honey
- Instant Pudding
- Jam / Marmalade
- Ketchup
- Maple Syrup
- Molasses
- Mustard
- Pasta
- Peanut Butter (Light)
- Relish
- Rice
- Soda Crackers
- Tea
- Tortilla Chips

Canned Foods

- Baked Beans
- Beans (Kidney / Black / Mixed)
- Chickpeas
- Evaporated Milk
- Fruit
- Green Chillies
- Lentils
- Tomato Paste
- Tomato Sauce
- Tomatoes

Sauces / Broths

- Barbecue Sauce
- Beef Broth
- Chicken Broth
- Chili Sauce (Tomato Based)
- Hoisin Sauce
- Oyster Sauce
- Plum Sauce
- Salsa
- Soy Sauce (Reduced-Sodium)
- Teriyaki Sauce
- Vegetable Broth
- Worcestershire Sauce

Nuts / Dried Fruit

- Almonds
- Apricots (Dried)
- Cashews (Roasted)
- Cranberries (Sweetened)
- Peanuts (Roasted)
- Pecans
- Raisins
- Sun-Dried Tomatoes
- Walnuts

Dairy

- Butter
- Buttermilk
- Cheese
- Cottage Cheese (Low-Fat)
- Cream
- Cream Cheese (Light)
- Eggs
- Feta Cheese (Light)
- Mayonnaise (Light)
- Milk (1%)
- Parmesan Cheese
- Ricotta Cheese (10%)
- Sour Cream (Low-Fat)
- Whipped Topping (Light)
- Yogurt (Low-Fat)

Seafood

- Crab
- Haddock
- Salmon
- Scallops
- Shrimp
- Sole
- Tuna
- Whole Baby Clams

Frozen

- Mixed Berries
- Juice Concentrate
- Phyllo Dough
- Vegetables

Baking

- All-Purpose Flour
- Almond Extract
- Baking Powder
- Baking Soda
- Brown Sugar
- Chocolate – Semi-Sweet
- Chocolate Chips (Mini)
- Cocoa Powder
- Coconut (Shredded)
- Cornmeal (Yellow)
- Gelatin (Unflavored)
- Graham Cracker Crumbs
- Powdered Sugar
- Rolled Oats (Quick Cooking)
- Sugar
- Vanilla Extract
- Wheat Bran
- Whole Wheat Flour

Kitchen

- Aluminum Foil
- Dish Washing Soap
- Freezer Bags
- Garbage Bags
- Paper Towel
- Plastic Wrap
- Sandwich Bags

Oils / Vinegars

- Balsamic Vinegar
- Canola Oil
- Cider Vinegar
- Olive Oil
- Red Wine Vinegar
- Salad Dressing
- Seasoned Rice Vinegar
- Sesame Oil
- White Vinegar
- White Wine Vinegar

Spices and Herbs

- Allspice
- Basil (Fresh / Dried)
- Bay Leaf
- Black Pepper
- Cayenne Pepper
- Chili Powder
- Chives
- Cilantro (Fresh / Dried)
- Cinnamon
- Cumin
- Curry Powder
- Dill (Fresh / Dried)
- Dry Mustard Powder
- Fennel Seed
- Ginger (Ground)
- Hot Pepper Sauce
- Italian Seasoning
- Nutmeg
- Oregano (Fresh / Dried)
- Paprika
- Parsley (Flat-Leaf)
- Red Pepper Flakes
- Rosemary
- Salt
- Tabasco Sauce
- Thyme (Fresh / Dried)

Beverages

- Apple Juice
- Cranberry Juice
- Orange Juice
- Soda
- Pineapple Juice
- Sparkling Water

Alcohol

- Blue Curacao
- Coconut Rum
- Tequilla
- Triple Sec
- White Wine

Personal Care

- Facial tissue
- Moisturizing Lotion
- Soap
- Toilet Paper
- Toothpaste