

# GROCERIES

---

## produce

---

- 2 heads of garlic
- 6-8 long zucchini

---

## meat

---

- 4 ounces of crab meat

---

## pantry

---

- 1 jar artichoke hearts in water
- mayonnaise
- panko bread crumbs

---

## dairy

---

- 1 individual sized plain greek yogurt
- parmesan cheese, shredded or by the block
- fontina cheese, shredded or by the block
- asiago cheese, shredded or by the block
- provolone cheese, shredded or by the block