

Food Farmacy Grocery Checklist — Valentine's Day Menu

PROTEIN

- Fresh Scallops
- Eggs

PRODUCE

- Fennel Bulb
- Butternut Squash
- Avocado
- Fresh Parsley
- Red Onion
- Orange
- Fresh Berries
- Lemon

DAIRY AND DAIRY ALTERNATIVES

- Unsalted Butter
- Salted Butter
- Heavy Cream
- Milk (or Milk Alternative)
- Mascarpone Cheese

PANTRY

- Pistachios
- Hazelnuts
- Olive Oil
- Kosher Salt
- Pepper
- Honey
- Sugar
- Unsweetened Cocoa Powder
- Semi-Sweet Baking Chocolate
- Espresso Powder
- Baking Powder
- Vanilla Extract