

CHEF ROBERT

PRIVATECHEFDARIEN.COM · ROBERT@ROBERTLGORMAN.COM · 602-370-5255

WEEK FOUR · GROCERY SHOPPING ORDER

MENU REV 2.0 · 2 COVERS · FULL ORDER — ZERO INVENTORY · WEEK OF JULY 6, 2026

PROTEINS

BEEF

- ☐ Beef sirloin tips — *Mon D — mushroom gravy* 1 lb
- ☐ Roast beef, sliced (deli) — *Thu L — brioche sandwich* 8 oz

POULTRY

- ☐ Chicken breast, boneless-skinless — *Mon L wrap · Wed D casserole · Fri L salad* 2½ lb
- ☐ Turkey sausage links — *Thu B* 6 links

PORK

- ☐ Smoked bacon — *Mon L wrap* 6 oz
- ☐ Ham, diced — *Tue B farmer's omelette* 4 oz
- ☐ Black Forest ham, sliced (deli) — *Tue L rye swirl* 8 oz
- ☐ Pork tenderloin, whole — *Thu D — roasted morning-of* 1–1¼ lb

BISON

- ☐ Ground bison — *Wed L meatballs (1 lb) · Fri D Bolognese (1 lb) — single buy, split on receipt* 2 lb

SEAFOOD

- ☐ Wild King salmon fillets, skin-on — *Tue D — cooked morning-of · buy Mon or Tue AM* 2 × 6 oz

DAIRY & EGGS

EGGS & CULTURED

- ☐ Eggs, large — *5 breakfasts · pancakes · meatball binder* 2 doz
- ☐ Buttermilk — *Thu B pancakes · ranch base* 1 qt
- ☐ Heavy cream — *(cream) — scrambles, gravy, frittata, tomato cream, dressings* 1 qt
- ☐ Butter, unsalted — *heavy pull — sauces, maple butter, buttered sides* 2 lb
- ☐ Mayonnaise — *ranch · slaw · 2× potato salad · chicken salad · Dijon spread* 1 × 30 oz

CHEESE

- ☐ Comté — *Mon B* 4 oz
- ☐ Swiss — *Tue L* 4 oz
- ☐ Mild cheddar — *Tue B omelette* 4 oz
- ☐ Parmesan — *Wed B frittata* 4 oz
- ☐ Mozzarella — *Wed B frittata · Wed L wrap* 8 oz
- ☐ Havarti — *Thu L* 4 oz
- ☐ Gruyère — *Fri B* 4 oz

PRODUCE

AROMATICS & HERBS

- ☐ Shallots — *heavy pull — Mon D, Tue B, Wed B/D, Thu L caramelized* 1 lb (8–10)
- ☐ Yellow onion — *Fri D soffritto* 1
- ☐ Chives — *Fri B* 1 bunch
- ☐ Basil — *Wed B* 1 bunch

VEGETABLES

- ☐ Cremini/button mushrooms — *Mon D gravy* 8 oz
- ☐ Wild mushroom mix — *Wed D casserole* 8 oz
- ☐ Broccoli crowns — *Mon D* 1 lg
- ☐ Broccolini — *Fri D* 1 bunch
- ☐ Asparagus — *Tue D — tips* 1 bunch
- ☐ Green beans — *Thu D* 12 oz
- ☐ Carrots — *Wed D buttered · Fri D soffritto* 1 lb
- ☐ Celery — *Fri L chicken salad · Fri D soffritto* 1 head
- ☐ Red bell peppers — *Tue B mild sauté · Wed B roast in-house* 2
- ☐ Green cabbage — *Mon L cole slaw* ½ head
- ☐ Baby spinach — *Wed B frittata* 5 oz
- ☐ Romaine / crisp lettuce — *Fri L wrap* 1 head
- ☐ Yukon Gold potatoes — *Tue B omelette · 2× potato salad · Thu D roasted* 5 lb

FRUIT

- ☐ Avocados — *Mon L — buy firm, ripen to Mon* 2
- ☐ Lemons — *Tue D caper sauce · general acid* 4
- ☐ Apples (Honeycrisp/Gala) — *Thu D apple sauce* 3
- ☐ Fresh berries — *Wed B — packed separate* 2 pt
- ☐ Soft fruit (melon / stone fruit) — *Wed L — packed separate* 1 lb
- ☐ Mixed fresh fruit — *Thu B — chef's choice, packed separate* 1½ lb

BAKERY & BREAD

- ☐ Multigrain loaf — *Mon B · Tue B toast · Fri B — never pre-toasted* 1 loaf
- ☐ Rye swirl loaf — *Tue L — not pre-toasted* 1 sm loaf
- ☐ Brioche buns — *Thu L — packed separate from spread* 2
- ☐ Flour wraps, 10" — *Mon · Wed · Fri lunches* 6

GRAINS & PASTA

- ☐ Long-grain white rice — *Mon D buttered · Tue D pilaf · Wed D casserole* 2 lb
- ☐ Rigatoni — *Fri D* 1 lb
- ☐ Short pasta (rotini/penne) — *Wed L Italian pasta salad · Thu L pasta salad* 1 lb

PANTRY & SAUCE BUILD

STOCKS & WINE

☐ Beef stock — <i>Mon D mushroom gravy</i>	1 qt
☐ Chicken stock — <i>Tue D pilaf · Wed D casserole</i>	2 qt
☐ Dry white wine — <i>Tue D lemon-caper sauce</i>	1 btl

CANNED & JARRED

☐ Crushed tomatoes — <i>Wed L mild tomato cream · Fri D Bolognese</i>	2 × 28 oz
☐ Capers — <i>Tue D</i>	1 jar
☐ Dijon mustard — <i>Thu L creamyspread — mild</i>	1 jar
☐ Pure maple syrup — <i>Thu B maple butter</i>	8–12 oz

DRY GOODS & OILS

☐ AP flour — <i>Thu B pancakes · roux</i>	2 lb
☐ Baking powder/soda + sugar — <i>pancakes · slaw balance</i>	1 ea · 1 lb
☐ Breadcrumbs, plain — <i>Wed L meatball bind</i>	1 ctr
☐ Cinnamon, ground — <i>Thu D apple sauce</i>	1
☐ Kosher salt + white pepper — <i>bouse · mild seasoning standard</i>	1 ea
☐ Dried dill + parsley — <i>ranch build — mild</i>	1 ea
☐ EV olive oil + red wine vinegar — <i>vinaigrette · pasta salads</i>	500 ml · 1 btl

FROZEN

☐ Peas — <i>Wed D casserole</i>	10 oz bag
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ORDER NOTES — CHEF REFERENCE

Volume drivers: shallots, Yukons, mayo, cream, butter carry multiple preps — consolidate on one order. Bison single buy, split 1 lb / 1 lb on receipt (Bolognese qualifies for day-before braise window).

Timing: salmon purchased Mon/Tue AM for morning-of cooking · avocados bought firm to ripen for Monday.

Profile & pack: all seasoning mild, white pepper standard, no aggressive garlic — depth from butter, cream, cheese, mushrooms, wine. Bread never pre-toasted · dressings, sauces & fruit travel separate · all cold-hold. (*cream*) feeds six creamy builds this week.