

## Grocery List

### The World From A Lunchbox: France

*(Note: If you wish to add extras to the ham sandwich (greens, cheese, etc) please add accordingly. The grocery list only includes the core ingredients for a French ham sandwich).*

**\*\*Always make sure to scan through the grocery list and cross out any items you already have at home\*\***

- Vegetables**
  - 1 lb carrots
  - Fresh parsley (you will need 2 TBS worth)
  - 2 scallions OR a few shallots (1 TBS worth, chopped)
- Fruit**
  - Fresh fruit of your choice. Suggested: Apples, grapes, blueberries
  - 1 lemon (you will need 1 TBS of fresh lemon juice)
- Meat**
  - 6 ounces (or about 12 slices) of paper thin deli ham
- Dairy**
  - 4 TBS European style butter OR a high quality whipped butter
  - 2 sticks unsalted butter (you will need 1 stick + 2 TBS)
  - Eggs (you will need 1)
- Bread**
  - 1 French baguette or mini baguettes
- Baking**
  - Sugar (you will need ½ cup worth)
  - Flour (you will need 2 cups worth)
  - Salt
  - Pepper
- Cans & Bottles**
  - Dijon mustard (you will need 2 tsp worth)
  - Vegetable Oil (you will need 1-2 TBS worth)
  - Extra Virgin Olive Oil (you will need 1-2 TBS worth)
  - Honey (1-2 tsp worth)
- Etc.**
  - Parchment paper (to line baking sheets for cookies)