

Russian Family Food List
Please purchase enough for 2 weeks

Chicken

Beef

Pork

Bologna

Sausage

Fish

Rice

Apples, Grapes

Tomatoes and tomato paste

Cabbage

Onions, potatoes, sweet potatoes, carrots , cucumbers, cauliflower, mushrooms

Cilantro

Milk, butter, eggs

Sour cream (a lot)

Bread- sliced

Rye bread

Mayo (a lot)

Mustard

Horseradish

Pickles

Apple sauce

Orange juice

Cherry juice

Flour

Sugar

Buckwheat

Oil

Vinegar

Salt/pepper

Black tea bags

Spices: pick a good assortment: Garlic, dill, parsley, bay leaves, basil, chives, cumin, coriander, cinnamon , saffron, oregano, curry