

Original Menu - Weekend Cruise to New Orleans

Food

Friday, April 24

Lunch

[Red beans & rice](#)

Dinner

[Paleo crab cakes](#)

Salad

Saturday, April 25

Breakfast

Crab cakes and eggs with

[hollandaise sauce](#)

Lunch

[Jambalaya](#)

Dinner

[Blackened Catfish](#)

Collard greens

Sunday, April 26

Breakfast

[Creole Eggs](#)

Lunch

[Scallops with Gouda grits](#)

Dinner

Crab soup from Costco

Food for Every Meal

Desserts

[New Orleans Praline Brownies](#)

made with the [Perfect Gluten Free](#)

[Brownie](#)

[Pralines](#)

Salad

Lettuce

Tomato

Red Pepper

Carrots

Canned sliced olives

Cucumber

Cabbage

Boiled egg

Blue cheese crumbles

3 Salad dressings

Drinks

Dacquiri

Kombucha

Hot Chocolate

Coffee & coffee drinks

Shopping List

Seafood

2 – 6 ounce catfish fillets

22 ounces andouille sausage

2 cans crab (or equivalent fresh)

12 large shrimp

8 large scallops

Meat

1 smoked ham hock

2 slices uncooked bacon

4 ounces country ham

2 chicken breasts

Dairy

2 ½ cups whole milk

¾ Cup Heavy cream

½ cup whipping cream

Butter

2 egg whites

1 egg yolk

12 eggs

4 ounces gouda

Blue cheese

Spices

Garlic powder

½ cup Sugar

2 cups Brown sugar

2 tablespoons brown sugar

1 ½ cups powdered sugar

Crushed red pepper flakes

Paprika

Oregano

Cayenne

Thyme

¼ cup Almond meal

Smoked paprika

Vanilla

Sugar

Nuts

1 cup pecans

1 1/2 cups chopped pecans

Vegetables & Fruits

Chives

4 Onions

¾+1/2 cup chopped Celery

¾ cup Poblano peppers

4 cloves garlic

2 tablespoons Green onion

¼ cup fresh parsley

2 teaspoons lemon juice

½ lemon zest

4 limes

1½ green bell pepper

8 small tomatoes

1 small shallot

1 yellow bell pepper

16 ounces collard greens

2 red bell peppers

1 pound of carrots

1 English cucumber

Small bag shredded cabbage

Lettuce - Romaine

Other

1 pound dry red kidney beans

2 quarts chicken broth

4 cups chicken stock

¾ + 1/2 cup chicken broth

1/3 cup apple cider vinegar

Hot sauce

4 cups cooked brown rice

2 cups uncooked rice

2 cans (14 ounces each) diced tomatoes

1 cup canned diced tomatoes, unsalted

1 cup tomato sauce

1 tablespoon Worcestershire

Balsamic vinegar

Course ground grits

2 tablespoons sherry vinegar

Sliced black olives

Maple syrup

Guittard semi-sweet chocolate chips

Cocoa powder

Baking soda

Additional Shopping Items

Chicken broth

Pepperjack cheese

Swiss cheese

Rice Cakes

Dental floss

Toilet paper

Nail Polish

Emery boards