

Shopping List

ITEMS

Produce

- ☐ 2 large onions + 1 small onion
- ☐ red onion slices for serving
- ☐ 3 green onions
- ☐ 2 stalks celery
- ☐ 14 cloves garlic
- ☐ 1 red pepper
- ☐ 1 bell pepper, any colour
- ☐ ½ cup sundried or oven roasted tomatoes, chopped
- ☐ 2 large carrots
- ☐ 2 cups chopped broccoli
- ☐ one thumb sized chunk of ginger

Bread / Peanut Butter / Jams

- ☐ ciabatta buns for serving

Canned / Packaged Goods

- ☐ 1 can navy or lima beans (or 1 ½ cups cooked)
- ☐ 1 398 ml can tomato sauce
- ☐ 1 155 ml can tomato paste
- ☐ ¾ cup dry lentils
- ☐ ¼ cup red lentils

Baking Needs

- ☐ 4 tbsp canola oil
- ☐ 3 tbsp sesame oil
- ☐ ¼ cup flour
- ☐ 3 tbsp flour (I used arrowroot but a GF blend or whole wheat flour works too)
- ☐ ¼ cup + 1 tbsp cornstarch
- ☐ ¼ cup + ½ tsp white sugar

Spices

- ☐ 2 ¼ tsp oregano
- ☐ 2 tsp basil

- ☐ ¾ tsp fennel seeds
- ☐ 1 tsp chili flakes
- ☐ ¾ tsp garlic powder
- ☐ ½ tsp ginger (powdered)
- ☐ ¼ tsp cumin

Grains / Rice

- ☐ 1 ¼ cup quinoa
- ☐ rice (My preference is a short grain brown rice.)

Condiments / Dressings

- ☐ 1 tbsp mayo
- ☐ ¼ cup vinegar
- ☐ 3 tbsp soy sauce

Dairy / Eggs

- ☐ 4 eggs
- ☐ ⅔ cup shredded cheddar cheese
- ☐ ½ cup cottage cheese or ricotta
- ☐ ⅓ cup feta cheese crumbles
- ☐ shredded mozzarella for serving (optional)

Meats / Seafood

- ☐ 1 lb ground turkey, chicken, or beef
- ☐ 1 link italian sausage
- ☐ 1 lb flank steak

Frozen Foods

- ☐ 1 package frozen spinach (300 g)