
ITEMS

Frozen Foods:

- 1 cup frozen green peas
- 1 cup frozen corn
- 2-3 cups mixed veggies (mushrooms, spinach, roasted red peppers, sun-dried tomatoes, marinated artichokes)
- 2 dozen cooked and frozen meatballs
- 1/2 package frozen spinach (or 150 g, defrosted)

Canned / Packaged Goods:

- 1 can tomato paste (155 ml)
- 1 tablespoon vegetarian bouillon paste
- 1 cup whole brown lentils
- 1 can sliced water chestnuts
- 1 can coconut milk
- 3/4 cup dry lentils
- 2 cups chicken broth (or 2 cups water and 1 tbsp bouillon paste)
- 1 cup beef broth

International:

- 1 tablespoon green curry paste

Grains / Rice:

- 3/4 cup quinoa
- 8 ounces whole wheat pasta
- 1 cup brown rice

Pasta / Sauces:

- 1/3 cup Franks Red Hot sauce

Spices:

- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 teaspoon fennel seeds

Dairy / Eggs:

- 2 tablespoons butter
- 1 brick cream cheese (8 oz.)
- 2 cups thick Greek yogurt tzatziki (suggestion: skotidakis brand)
- shredded mozzarella for serving

Meats / Seafood:

- 2 chicken breasts grilled (or from a rotisserie)

Produce:

- 3 carrots
- 4 celery stalks
- 3 onions
- 14 cloves garlic minced
- 1/2 cup sundried or oven roasted tomatoes
- 1 tablespoon grated fresh ginger
- 5-6 cups chopped cauliflower
- 1 bagged salad kit

Baking Needs:

- 1 tablespoon canola oil
- 1 tablespoon olive oil
- 1 teaspoon brown sugar
- 2 tablespoons canola or olive oil