

ITEMS

Spices:

- ☐ 2 teaspoons oregano
- ☐ 1/2 teaspoon onion powder
- ☐ 1/4 teaspoon chili flakes
- ☐ 1/2 teaspoon fennel seeds
- ☐ 1/4 teaspoon ground cloves
- ☐ 1/4 teaspoon cinnamon
- ☐ 1 teaspoon basil

Produce:

- ☐ 2 large red onions
- ☐ 4 large bell peppers (at least 1 red)
- ☐ 1 cup fresh or frozen pineapple chunks
- ☐ 3 cups chopped broccoli
- ☐ 3 cups sliced mushrooms
- ☐ 3 cups shredded carrots (about 3 carrots)
- ☐ 3 cups snap peas
- ☐ 2 stalks celery
- ☐ 1 pound potatoes
- ☐ 1 tablespoon freshly grated ginger
- ☐ 6 1/2 cups spinach
- ☐ 1 1/2 cups sliced green onions
- ☐ 1/2 head cauliflower
- ☐ 5 tablespoons minced garlic (16-18 cloves)
- ☐ 4 garlic cloves

Baking Needs:

- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons corn starch

Dairy / Eggs:

- ☐ 1 egg
- ☐ 1 cup shredded mozzarella cheese (4 oz.)
- ☐ 1 cup feta cheese
- ☐ 1/2 cup milk

Meats / Seafood:

- ☐ 1 pound pork loin tenderloin
- ☐ 1 pound ground turkey, chicken, or beef
- ☐ 1 link italian sausage
- ☐ 1 1/2 pounds raw chicken breasts

Canned / Packaged Goods:

- ☐ 1 cup marinated artichokes diced
- ☐ 1 can navy or lima beans (1 1/2 cups cooked)
- ☐ 5 tablespoons soy sauce (ensure gluten free if making for someone with Celiac)
- ☐ 10 oz. spaghetti noodles
- ☐ 1 can 398 ml (14 oz.) tomato sauce
- ☐ 3/4 cup California prunes
- ☐ 1/2 cup walnut pieces
- ☐ 4 1/2 teaspoons lemon juice
- ☐ 1 can navy beans (1 1/2 cups cooked) or 1 1/2 cups cooked and diced chicken breasts
- ☐ 1 1/4 cups dry quinoa

Beverages:

- ☐ 1/4 cup white wine
- ☐ 1/4 cup mirin

Bread / Peanut Butter / Jams:

- ☐ 4 tablespoons honey
- ☐ Ciabatta buns for serving