
ITEMS

Canned / Packaged Goods:

- 1 can black beans (or 1 ½ cups cooked)
- 4 1/2 tsp lemon juice
- 1 cup diced marinated artichokes
- 400-460 g (14-16 oz) dry medium shells pasta
- 1 (798 ml or 27 oz) can diced tomatoes
- 1 (398 ml or 14 oz) can baked beans
- 1 cup beef broth (Suggestion: Better Than Bouillon brand)

Grains / Rice:

- 1 1/4 cups dry quinoa
- 1 cup brown rice

Dairy / Eggs:

- 1 cup feta cheese
- 1/2 cup milk
- 1 egg
- 1 cup shredded mozzarella cheese
- shredded cheddar or mozza cheese (140 g or 5 oz)
- 2 cups greek yogurt tzatziki (Suggestion: Skotidakis brand - you definitely want it to be thick)

Beverages:

- 1/4 cup white wine (optional, but highly recommended)

Frozen Foods:

- 2-3 cups mixed veggies (mushrooms, spinach, roasted red peppers, sun-dried tomatoes, marinated artichokes)
- 2 dozen cooked and frozen meatballs

Baking Needs:

- 3 tbsp canola oil
- 1 tbsp olive oil

Spices:

- 2 tsp smoked paprika
- 1/2 tsp cumin
- 2 tsp oregano
- 1/2 tsp onion powder
- 1 tbsp + 1 tsp chili powder
- 1/2 tsp garlic powder

Produce:

- 2 large bell peppers or 3 small ones any colour
- 1 lime
- 4 cloves garlic
- 1 1/2 cups fresh spinach ribboned
- 2 onions
- 1 bagged salad kit

Meats / Seafood:

- 2 large chicken breasts or 3-4 smaller ones
- 1 1/2 cups navy beans OR 1 can, drained and rinsed OR 1 1/2 cups cooked and diced chicken breasts