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## ITEMS

### Grains / Rice:

- 1 1/2 cups dried quinoa
- 1.5 - 2 cups brown rice

### Meats / Seafood:

- 2 chicken breasts grilled and diced
- grilled chicken sliced (Sundried Tomato and Feta Spinach Salad with Grilled Chicken)
- 1 lb lean ground beef

### Dairy / Eggs:

- 1 cup crumbled feta cheese
- 1 egg
- 2 oz feta cheese

### Frozen Foods:

- 2 cups frozen green beans

### Baking Needs:

- 3/4 cup + 2 tbsp olive oil
- 1 tbsp canola or olive oil
- 1 1/2 tbsp sugar

### Canned / Packaged Goods:

- 1/2 cup + 1 tbsp lemon juice
- 5 tbsp vinegar
- 2 tbsp red wine vinegar
- 1 tbsp + 1 tsp honey
- 1 tbsp whole grain mustard
- 1 can salmon (142g)
- 1/2 cup pistachios
- 1/4 cup panko breadcrumbs
- 1 tbsp balsamic vinegar
- 2 tbsp white vinegar
- 2 tbsp sundried tomatoes packed in oil
- pine nuts (Sundried Tomato and Feta Spinach Salad with Grilled Chicken)
- 2 cups beef broth
- 1 can diced tomatoes (28 oz)
- 1 cup dried split red lentils
- 3/4 cup raisins
- 1 cup chopped dried apricots

### Produce:

- 6 cloves garlic minced + 2 cloves garlic
- 1 red pepper diced
- 1 cucumber diced
- 2 cups chopped broccoli
- 1 cup chopped cherry tomatoes
- 1 red onion + 1 small red onion
- fresh spinach, bell peppers, cucumbers (sundried tomato and feta spinach salad with grilled chicken)
- 1 large onion diced
- 2 carrots grated

### Spices:

# Shopping List



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- 1/2 tsp dried thyme
  - 1 handful fresh oregano chopped (or 2 tbsp dried) + 1 tsp oregano
  - 1/2 tsp sumac
  - 3/4 tsp turmeric
  - 1 tsp basil + 1/2 tsp dried basil
  - 1 tsp ground coriander seed
  - 1 tsp cumin
  - 1 tsp cinnamon
  - 1/2 tsp ginger