

Shopping List

ITEMS

Canned / Packaged Goods:

- 2 cups chicken broth or 2 cups water and 1 tbsp bouillon paste
- 1/3 cup Franks Red Hot sauce
- 8 oz whole wheat pasta
- 3/4 cup dry lentils
- 1/2 cup sundried or oven roasted tomatoes, chopped
- 1/2 cup walnut pieces
- 2 tbsp honey
- 1 tbsp soy sauce (ensure gluten free if making for someone with Celiac)
- 2 tsp vegetable bouillon (Better Than Bouillon brand)
- 2 cans tomato paste
- 1 3/4 cups quinoa uncooked

Dairy / Eggs:

- 2 tbsp butter
- 1 brick cream cheese (8 oz)
- 2 tbsp parmesan cheese
- 1 cup mozzarella cheese + enough for serving

Frozen Foods:

- 1/2 package frozen spinach or 150 g, defrosted

Baking Needs:

- 2 tbsp canola or olive oil
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Meats / Seafood:

- 2 chicken breasts grilled (or from a rotisserie)
- 1 lb pork loin tenderloin, cut into 4 steaks
- 100 g pepperoni cut into bite size pieces

Produce:

- 14 cloves garlic minced
- 7-8 cups chopped cauliflower
- 2 carrots shredded
- 4 stalks celery chopped
- 1 onion chopped
- 1 lb potatoes cut into chunks
- 1 large + 1 small red onion
- 3/4 cup California prunes
- 1 tbsp freshly grated ginger
- 4 large mushrooms chopped
- 4 bell peppers any colour

Spices:

- 1 1/2 tsp basil
- 2 tsp oregano
- 1/4 tsp fennel seeds
- 1/4 tsp ground cloves
- 1/4 tsp cinnamon
- Dash of cayenne
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 tsp chili flakes