

Shopping List

ITEMS

Canned / Packaged Goods:

- 1 can diced tomatoes (798 ml or 28 oz)
- 6 oz egg noodles (3 cups)
- 1 can sliced mushrooms, drained (284 ml or 10 oz)
- 1 can tuna drained and flaked
- 1/4 cup panko crumbs or potato chips (optional)
- 4 tbsp + 1 tsp Chicken Better Than Bouillon
- 1/2 chipotle pepper in adobo sauce chopped (or more if you like spice!)
- 1 1/2 cups black beans or 1 can drained and rinsed
- 3 cups rice cooked
- 1 cup brown rice (MUST BE BROWN)
- 1 1/2 cups salsa

Dairy / Eggs:

- 1 cup milk
- 100 g grated cheddar cheese (1 cup)
- 1 egg
- 1/2 cup shredded cheddar cheese
- 1 tbsp butter
- 1 cup cream cheese

Frozen Foods:

- 3 cups frozen green peas defrosted
- 1 cup frozen corn

Baking Needs:

- 2 tbsp cornstarch
- 3 tbsp canola oil

Meats / Seafood:

- 3-4 cups cooked chicken or turkey
- 2 chicken breasts diced

Produce:

- 11 stalks celery
- 9 cloves garlic minced
- 2 lbs sweet potato
- 2 cups chopped kale, spinach, or swiss chard
- 3/4 cup fresh cilantro
- 3 onions + 1/2 cup chopped onion
- 1 lb mushrooms, sliced
- 1/4 cup fresh dill chopped
- 1 red pepper diced

Spices:

- 5 tsp oregano
- 1 1/2 tsp cumin
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp basil