

Shopping List

ITEMS

Canned / Packaged Goods:

- 2 tbsp red wine vinegar
- 1/2 cup prepared pesto
- 1 package gnocchi (500g or 17.5 oz)
- ½ cup lemon juice
- 7 tbsp vinegar
- 2 chipotle peppers
- 1 tsp liquid smoke
- 1 ½ cups kidney beans cooked (or 1 can, drained and rinsed)
- 1 ½ cups black beans cooked (or 1 can, drained and rinsed)
- 1 can tomato paste (156 ml or 5 oz)
- 2 cans diced tomatoes (798 ml or 28 oz)
- ⅔ cup dried lentils
- 1 ½ cups dried quinoa

Dairy / Eggs:

- Parmesan cheese for serving
- 5 eggs
- 1 ½ cup crumbled feta cheese

Frozen Foods:

- 1 cup frozen corn

Baking Needs:

- ½ cup + 2 tbsp olive oil
- ¼ cup + 2 tbsp olive or canola oil
- 2 tsp sugar
- ¼ cup brown sugar

Meats / Seafood:

- 2 chicken breasts grilled and diced
- ¾- 1 lb lean ground beef

Produce:

- 1 medium + 1 small red onion
- 2 medium zucchinis
- 1 cup diced eggplant + 1 small eggplant
- 2 cups quartered cherry tomatoes
- Fresh basil ribboned (optional for serving)
- 1 cucumber diced
- 2 cups chopped broccoli
- 1 handful fresh oregano chopped (or 2 tbsp dried)
- 8 medium mushrooms sliced
- 2 onions
- 1 head + 9 cloves garlic minced
- 4 red peppers

Spices:

- ½ tsp dried thyme
- 2 tsp basil
- 2 tbsp chili powder
- 2 tbsp cumin
- 1 tbsp oregano
- 1 ½ tsp oregano or a handful of fresh oregano chopped