

Shopping List

ITEMS

Canned / Packaged Goods:

- 1 tbsp honey, melted + 2 tsp honey
- 1 tbsp whole grain mustard
- 3 tbsp lemon juice
- 1/2 cup pistachios
- 1/4 cup panko breadcrumbs
- 1 cup diced dried apricots
- 1 tbsp poppyseeds
- pumpkin or sunflower seeds
- pretzels
- 2 cups beef broth
- 1 28 oz can diced tomatoes
- 1 cup dried split red lentils
- 3/4 cup raisins
- 1 can salmon (142g)
- 2 cups cooked brown rice
- brown rice (Moroccan Beef and Lentils)

Dairy / Eggs:

- 300 g 10 oz mozzarella cheese, shredded
- parmesan cheese for sprinkling
- 1 egg
- 1/2 cup plain yogurt
- feta

Baking Needs:

- 2 1/4 tsp yeast
- 2 1/2 cups all purpose flour
- 3/4 cup + 1 tbsp olive oil
- 1 tbsp canola or olive oil
- 1 tbsp sugar
- 2 tbsp + 1 tsp brown sugar

Meats / Seafood:

- 1 lb lean ground beef

Produce:

- 4 medium sized roma tomatoes
- 7 cloves garlic minced
- handful of basil leaves sliced into ribbons
- 1 red onion
- 1 large onion diced
- salad mix learn how to make your own here
- pear raspberries, or strawberries
- 2 carrots grated
- green beans (Moroccan Beef and Lentils)

Spices:

- 1/2 tsp sumac
- 3/4 tsp turmeric
- 1 tsp ground coriander seed the spice
- 1 tsp cumin
- 1 tsp cinnamon
- 1/2 tsp ginger