
ITEMS

Canned / Packaged Goods:

- 1 cup salsa
- 1/2 cup peach or mango jam
- 1 28 oz or 796 ml can of diced tomatoes
- 1 5.5 oz or 155 ml can of tomato paste
- 1 cup of peach puree
- 1 1/2 cups of cooked chickpeas or canned
- 1/2 cup sundried tomatoes
- 2 tbsp lemon juice
- pumpkin or sunflower seeds
- 1 tbsp poppyseeds
- pretzels
- 1 tablespoon of bouillon paste chicken or vegetarian

Grains / Rice:

- rice for serving

Frozen Foods:

- 2 cups of frozen peas

Dairy / Eggs:

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

Baking Needs:

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

Meats / Seafood:

- 1 1/2 lbs pork loin sliced thinly

Produce:

- 1 large + 2 medium onions
- 2 large red peppers
- 2 mangoes or 4 peaches
- fresh cilantro for serving
- 2 carrots grated
- 2 lbs potatoes
- salad mix
- pear, raspberries, or strawberries
- 4 medium sized roma tomatoes
- 7 cloves garlic minced
- handful of basil leaves sliced into ribbons

Spices:

- 1 tbsp chili powder
- 1 tsp oregano
- 1/2 tsp garlic powder
- 2 1/4 tsp cumin
- 1 tablespoon garam masala
- 1 tablespoon turmeric
- 1/4 tsp chili flakes