
ITEMS

Beverages:

- 1/2 cup orange juice

Baking Needs:

- 1/4 cup + 2 tbsp olive or canola oil
- 3/4 cup canola oil
- 1 1/2 tsp sugar

Grains / Rice:

- cooked quinoa
- 2 cups uncooked pot barley
- 3 cups cooked brown rice

Meats / Seafood:

- grilled and sliced chicken breast (rotisserie chicken would work well, too!)

Frozen Foods:

- 1 1/2 cups frozen corn defrosted

Canned / Packaged Goods:

- 3/4 cup canned lentils, drained and rinsed
- 1 can (796 ml) diced tomatoes
- 8 oz box of spaghetti
- dried young coconut (flaked coconut would also work)
- 1/3 cup lemon juice
- 3 tbsp vinegar
- 1 cup salsa
- 1 can tuna drained and flaked

Produce:

- 7 large cloves of garlic minced
- 1 small zucchini
- 1 small handful of fresh basil leaves chopped
- fresh spinach
- sliced mango
- sliced cucumbers
- 2 carrots shredded
- 1/2 cucumber chopped
- 3 stalks celery chopped
- 1 large red onion
- 3 large radishes chopped
- 1 bunch of parsley chopped

Spices:

- 1/4 tsp chili flakes
- 1/4 tsp chili powder
- 1/4 tsp cumin

Dairy / Eggs:

- 1/2 cup feta or parmesan cheese (see note: easy summer spaghetti)
- 1/2 cup feta crumbled
- 1 1/2 cups shredded cheddar cheese