Shopping List



Spices: Baking Needs: 1/4 tsp nutmeg	ITEMS				
□ 2 tbsp curry powder □ 1 tbsp cornstarch □ 1/2 tsp cumin □ 2 tbsp flour □ 1/2 tsp chili powder □ 1 tsp sugar Canned / Packaged Goods: □ 2 tbsp butter or canola oil □ 1/2 cup chicken stock □ 12 oz whole wheat spaghetti □ 4 cups vegetable or chicken broth □ 4 cloves + 1 tbsp garlic minced □ 4.5 cups pumpkin puree □ 6 leaves fresh sage or ½ tsp dried □ 2 tbsp soy sauce □ 3 onions □ coconut flakes for serving □ 1/2 cup fresh cilantro chopped finely □ 14 ounces (1 3/4 cups) canned tomatoes (fire roasted, □ green peas and sauteed onions to go with meatballs if possible) □ 1 whole tomato quartered □ 4.5 cups chicken broth sodium reduced, divided □ 2 tbsp tomato paste divided □ 19.75 ounces (2.5 cups) black beans (if using canned, drained and rinsed) □ 1/2 cup parmesan cheese □ 1 chipotle pepper in adobo sauce chopped □ 1/3 cup cream cheese □ 1 tbsp bouillon paste (better than bouillon brand) □ sour cream for serving □ 1 cup brown rice □ quinoa, rice, or barley to go with meatballs	Spices:		Baking Needs:		
☐ 1 chipotle pepper in adobo sauce chopped ☐ 1/3 cup cream cheese ☐ 1 tbsp bouillon paste (better than bouillon brand) ☐ sour cream for serving ☐ 1 18 oz can coconut milk ☐ cup brown rice ☐ quinoa, rice, or barley to go with meatballs ☐ 1/2 cup parmesar cheese ☐ 1/3 cup cream cheese ☐ sour cream for serving ☐ 1 cup brown rice ☐ quinoa, rice, or barley to go with meatballs ☐ 1/2 cup parmesar cheese ☐ 1/3 cup cream cheese ☐ sour cream for serving ☐ 1/2 cup parmesar cheese ☐ 1/3 cup cream cheese ☐ 1/3 cup chee	Cal	1/4 tsp nutmeg 2 tbsp curry powder 1/2 tsp cumin 1/2 tsp chili powder nned / Packaged Goods: 1/2 cup chicken stock 12 oz whole wheat spaghetti 4 cups vegetable or chicken broth 4.5 cups pumpkin puree 2 tbsp soy sauce coconut flakes for serving hemp hearts for serving 14 ounces (1 3/4 cups) canned tomatoes (fire roasted, if possible) 4.5 cups chicken broth sodium reduced, divided 2 tbsp tomato paste divided 19.75 ounces (2.5 cups) black beans (if using canned,		1 tbsp canola oil 1 tbsp cornstarch 2 tbsp flour 1 tsp sugar 2 tsp olive oil 2 tbsp butter or canola oil oduce: 4 cloves + 1 tbsp garlic minced 6 leaves fresh sage or ½ tsp dried 3 onions 1 jalapeno minced 1/2 cup fresh cilantro chopped finely green peas and sauteed onions to go with meatballs 1 whole tomato quartered iry / Eggs:	
quinoa, rice, or barley to go with meatballs		1 chipotle pepper in adobo sauce chopped1 tbsp bouillon paste (better than bouillon brand)1 18 oz can coconut milk		1/3 cup cream cheese	
☐ 24 frozen meatballs	Fro	quinoa, rice, or barley to go with meatballs zen Foods:			