

# Shopping List



---

## ITEMS

### Spices:

- ☐ 1/4 tsp nutmeg
- ☐ 2 tbsp curry powder
- ☐ 1/2 tsp cumin
- ☐ 1/2 tsp chili powder

### Canned / 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, drained and rinsed)
- ☐ 1 chipotle pepper in adobo sauce chopped
- ☐ 1 tbsp bouillon paste (better than bouillon brand)
- ☐ 1 18 oz can coconut milk

### Grains / Rice:

- ☐ 1 cup brown rice
- ☐ quinoa, rice, or barley to go with meatballs

### Frozen Foods:

- ☐ 24 frozen meatballs

### Baking Needs:

- ☐ 1 tbsp canola oil
- ☐ 1 tbsp cornstarch
- ☐ 2 tbsp flour
- ☐ 1 tsp sugar
- ☐ 2 tsp olive oil
- ☐ 2 tbsp butter or canola oil

### Produce:

- ☐ 4 cloves + 1 tbsp garlic minced
- ☐ 6 leaves fresh sage or 1/2 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

### Dairy / Eggs:

- ☐ 1.5 cups ricotta cheese
- ☐ 1/2 cup parmesan cheese
- ☐ 1/3 cup cream cheese
- ☐ sour cream for serving