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## ITEMS

### Canned / Packaged Goods:

- 4 cups vegetable broth (or 4 tsp vegetable bouillon paste and 4 cups water)
- 1/2 cup maple syrup
- 1 can black beans drained and rinsed (or 1.5 cups cooked)
- tortilla wraps or rice to served with the sheet pan chicken fajitas
- optional guacamole to go with the sheet pan chicken fajitas
- 12 oz (340g) dry macaroni noodles
- 1/2 cup chicken broth
- 1/4 cup balsamic vinegar

### Meats / Seafood:

- 2 large chicken breasts or 3-4 smaller ones

### Dairy / Eggs:

- 1/2 cup butter
- 1.5 cups milk
- 2 eggs
- 200 g (7 oz) cheddar cheese + some optional to go with the sheet pan chicken fajitas

### Deli:

- 1 lb chorizo sausage sliced

### Baking Needs:

- 1/4 cup + 1 tsp olive oil
- 3 tbsp canola oil
- 1/4 cup cornstarch

### Produce:

- 1 bunch of fresh sage leaves (about 15-20 leaves)
- 5 apples
- 3 large onions
- 2 large bell peppers or 3 small ones any colour
- 1 lime
- 1 lb (454g) broccoli
- 1 butternut squash + 1/2 of a butternut squash
- 1.5 lbs sweet potato (about 1 medium- large potato)
- 1 head of garlic + 4 cloves minced garlic

### Spices:

- 1 tsp cinnamon
- 1/8 tsp ground cloves
- 1/8 tsp nutmeg
- 2 tsp smoked paprika
- 1 tsp chili powder
- 1/2 tsp cumin