

Shopping List



ITEMS

Canned / Packaged Goods:

- 4 cups vegetable or chicken broth
- 1 18 oz can coconut milk
- 3 1/2 cups pumpkin puree
- coconut flakes for serving
- hemp hearts for serving
- 1 tbsp lemon juice
- 1 can salmon (142g)
- 1/4 cup diced dried apricots
- 1/4 cup red lentils
- 1/2 cup walnut pieces
- 3 tbsp honey
- 3 tbsp soy sauce (ensure gluten free if making for someone with celiac)
- 1/2 cup pistachios
- 1/4 cup panko breadcrumbs
- 1 tbsp whole grain mustard

Grains / Rice:

- 2 cups cooked brown rice
- 1/2 cup quinoa

Produce:

- 1 large carrot
- 1 lb potatoes
- 3 green onions
- 2 large red onions
- 1/2 head of cauliflower
- 4 cloves minced garlic
- 1 tbsp freshly grated ginger
- 1 large onion
- 3/4 cup california prunes cut into quarters
- 1 lb broccoli

Meats / Seafood:

- 1 lb pork loin tenderloin, cut into 4 steaks

Dairy / Eggs:

- 2 tbsp butter or canola oil
- 1/2 cup cottage cheese or ricotta
- 1/3 cup feta cheese crumbles
- 4 eggs
- 2/3 cup shredded cheddar cheese

Baking Needs:

- 2 tablespoons flour
- 3 tbsp arrowroot flour (A gf blend or whole wheat flour works too.)
- 3 tbsp canola oil
- 1.5 tbsp sugar
- 1.5 tbsp cooking oil (canola, avocado, olive, coconut)

Spices:

- 2 tbsp curry powder
- 1/2 tsp sumac
- 1/4 tsp turmeric
- 1/4 tsp garlic powder
- 1/4 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp ground cloves
- 1/4 tsp cinnamon
- dash of cayenne
- 1.5 tsp all-purpose seasoning (2 tbsp garlic powder, 2 tbsp salt, 1 tbsp onion powder, 1/2 tsp ground black pepper)