
ITEMS

Produce:

- 1.5 cups fresh spinach, ribboned
- 1 each of red orange, and yellow peppers
- 1 lb mushrooms
- 1 medium eggplant
- 2 medium zucchinis
- large handful of fresh basil leaves sliced into ribbons
- 10-12 cloves + 3 cloves minced + 1 head garlic
- celery sticks for serving
- 1 large + 3 medium sized onions
- 3 carrots grated

Beverages:

- 1/4 cup white wine, optional, but highly recommended

Pasta / Sauces:

- 15 sheets of lasagna noodles
- 1 large jar of pasta sauce

Meats / Seafood:

- 1 lb ground chicken or turkey
- 1 lb lean ground beef

Dairy / Eggs:

- 1/2 cup milk
- 1 cup feta cheese
- 3 eggs
- 1 cup shredded + 400 g mozzarella cheese
- 500 ml (2 cups) cottage cheese
- 1/4 cup parmesan cheese
- shredded mozzarella or blue cheese crumbles for serving

Canned / Packaged Goods:

- 4.5 tsp lemon juice
- 1 cup marinated artichokes diced
- 1.5 cups navy beans (or 1 can) or 1.5 cups cooked and diced chicken breasts
- olive oil for brushing
- 1 15 oz can navy beans (or 1.5 cups cooked)
- 1 can (156 ml) tomato paste
- 1/3 cup franks red hot sauce
- 2 1/4 cups uncooked quinoa
- 1 tsp chicken better than bouillon
- 2 cups beef broth
- 1 28 oz can diced tomatoes
- 1 cup dried split red lentils
- 2 tsp honey
- 3/4 cup dried apricots cut into quarters
- 3/4 cup raisins

Spices:

- 1 tsp oregano
- 1/2 tsp onion powder
- 1/2 tsp thyme
- 1/8 tsp white pepper
- 1 tsp ground coriander seed the spice
- 1 tsp cumin
- 1/2 tsp ginger
- 1 tsp cinnamon
- 1/2 tsp turmeric