

Shopping List



ITEMS

Baking Needs:

- 1/4 cup olive oil
- 4 tsp brown sugar
- 1 tbsp cornstarch
- 1/4 cup + 2 tbsp canola oil
- 1.5 tbsp cooking oil (canola, avocado, olive, coconut)

Spices:

- 1 tbsp dried rosemary
- 1/8 tsp nutmeg
- 1/8 tsp fresh ground pepper
- 1/2 tsp chili powder
- 2 tsp oregano
- 1.5 tsp cumin
- 1/4 tsp chili flakes
- 1.5 tsp all-purpose seasoning

Frozen Foods:

- 24 frozen meatballs
- 2 cups frozen corn defrosted

Grains / Rice:

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

Produce:

- 1.5 lbs baby new potatoes
- 24 large stalks asparagus
- 1 large red onion
- 1 head romaine lettuce
- 4 small tomatoes
- 1 large onion
- 1 red or orange pepper
- 10 cloves minced garlic
- chopped cilantro (optional)
- 1.5 cups cherry or grape tomatoes cut in half

Meats / Seafood:

- 2 large chicken breasts
- 1 1/3 cups cooked and diced chicken

Canned / Packaged Goods:

- 1/2 cup balsamic vinegar
- 1 tbsp bouillon paste (Better Than Bouillon)
- 1/4 cup lemon juice
- 2 tbsp vinegar
- 1 tsp buffalo sauce (Franks)
- 1 chipotle pepper in adobo sauce
- 1 tbsp vegetable bouillon (Better Than Bouillon)
- 1 cup salsa
- 3 cups black beans or 2 cans, drained and rinsed

Dairy / Eggs:

- 1/3 cup cream cheese
- shredded cheese (optional)