

Shopping List



ITEMS

Canned / Packaged Goods:

- 1 can navy or lima beans drained and rinsed (or 1 ½ cups cooked)
- 1 can (398 ml or 14 oz) tomato sauce
- 340g (12 oz) dry macaroni noodles
- 1 can (798 ml or 27 oz) diced tomatoes
- 1 tsp chicken bouillon paste (instant pot instructions) or ½ cup chicken stock / ½ tsp chicken better than bouillon and ½ cup water (stovetop instructions)

Bread / Peanut Butter / Jams:

- ciabatta buns for serving

Dairy / Eggs:

- 1/4 cup + 1 tbsp butter
- 200 g (7 oz) cheddar cheese
- 1 1/2 cups milk
- 7 eggs
- 1/3 cup crumbled feta cheese
- 1/2 cup cream cheese

Baking Needs:

- 1/4 cup cornstarch
- 1/4 cup + 2 tbsp olive or canola oil

Grains / Rice:

- 1 cup brown rice (instant pot instructions) or 2 cups cooked rice (stovetop instructions)

Produce:

- 1/4 cup chopped fresh dill
- red onion slices for serving
- 1 lb (454g) broccoli
- 1 small eggplant
- 1 medium zucchini
- 2 red peppers
- 3 onions
- 8 cloves minced garlic + 1 head minced garlic
- 1 lb mushrooms + 8 medium mushrooms
- 5 celery stalks

Meats / Seafood:

- 1 lb ground turkey, chicken, or beef
- 1 link italian sausage
- 2 chicken breasts

Spices:

- 1/4 tsp chili flakes
- 2 tsp oregano
- 2 tsp basil
- 1/2 tsp fennel seeds
- 1 ½ tsp basil or a handful of fresh basil ribboned
- 1 ½ tsp oregano or a handful of fresh oregano chopped
- 1/4 tsp freshly ground pepper

Frozen Foods:

- 150 g frozen chopped spinach defrosted
- 2 cups frozen peas defrosted