
ITEMS

Canned / Packaged Goods:

- 1 cup marinara sauce
- 8 small roasted red peppers from a jar
- 1/4 cup sun dried tomatoes
- 1 tbsp vinegar
- 8 large tortilla wraps
- 1 cup sliced almonds or shelled pistachios
- 1 cup chicken broth or 1 cup water + 1 tsp bouillon paste
- 1 can (340 ml or 11.5 oz) evaporated milk
- 1/2 cup pistachios
- 1 tbsp lemon juice
- 1/4 cup panko breadcrumbs
- 1/4 cup diced dried apricots

Condiments / Dressings:

- 1/4 cup almond butter
- 1 tbsp melted honey
- 1 tbsp whole grain mustard

Baking Needs:

- 1 tbsp olive oil
- 2 tbsp cornstarch
- 1 tbsp canola or olive oil
- 1 tbsp sugar

Meats / Seafood:

- 1.5 lbs chicken breasts or chicken thighs

Grains / Rice:

- 2 cups cooked brown rice

Pasta / Sauces:

- 10 oz farfalle "bow ties" (4-5 cups)

Produce:

- 3 cups cherry tomatoes
- 12 cloves minced garlic + 4 cloves roasted garlic
- 1/4 cup fresh parsley (optional but adds a burst of freshness)
- 4 cups fresh spinach
- 8 small radishes
- 1.5 lbs sliced mushrooms
- 2 red onions

Spices:

- 1 tsp oregano
- 2 tsp basil
- 1/2 tsp freshly cracked black pepper
- 1/2 tsp paprika
- 1/2 tsp thyme
- 1/8 tsp chili flakes
- 1/2 tsp sumac
- 1/4 tsp turmeric

Dairy / Eggs:

- 1 cup ricotta cheese
- 3/4 cup cream cheese (5 oz)
- 400 g halloumi
- 2 tbsp butter
- 1 egg