

ITEMS

Baking Needs:

- ☐ 1 tbsp sugar
- ☐ 3 tbsp canola or olive oil

Spices:

- ☐ 1/2 tsp sumac
- ☐ 1/4 tsp turmeric
- ☐ 2 tsp garlic powder
- ☐ 2 tsp chili powder
- ☐ 1 tsp oregano
- ☐ 1/2 tsp thyme
- ☐ 1/8 tsp white pepper
- ☐ 1/2 tsp chili flakes

Grains / Rice:

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

Meats / Seafood:

- ☐ 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- ☐ 1 lb ground chicken or turkey

Frozen Foods:

- ☐ 1 cup frozen corn

Dairy / Eggs:

- ☐ 1 egg
- ☐ 1 cup shredded cheddar cheese (optional)
- ☐ shredded mozzarella or blue cheese crumbles for serving
- ☐ 1/2 cup feta or parmesan cheese

Canned / Packaged Goods:

- ☐ 1/2 cup pistachios
- ☐ 1 tbsp lemon juice
- ☐ 1 can salmon (142g)
- ☐ 1/4 cup diced dried apricots
- ☐ 2 cans (156 ml or 5.5 oz) tomato paste
- ☐ 1.5 cup cooked or canned black beans drained + rinsed
- ☐ tortilla chips for serving
- ☐ 8 oz box of spaghetti
- ☐ 3/4 cup canned lentils, drained and rinsed
- ☐ 2 cans (796 ml) diced tomatoes
- ☐ 1 tsp chicken Better Than Bouillon
- ☐ 1/4 cup panko breadcrumbs
- ☐ 1 (15 oz) can navy beans, drained + rinsed (or 1.5 cups cooked)

Condiments / Dressings:

- ☐ 1 tbsp honey, melted
- ☐ 1 tbsp whole grain mustard
- ☐ 1/3 cup Franks red hot sauce

Produce:

- ☐ 1 ½ red onions
- ☐ 2-3 small to medium onions
- ☐ 1 large red pepper
- ☐ 6-8 cloves of garlic + 3 large cloves garlic minced
- ☐ 1 large carrot
- ☐ celery sticks for serving
- ☐ 1 small zucchini
- ☐ 1 small handful fresh basil leaves
- ☐ bagged salad