

ITEMS

Spices:

- ☐ 1 tsp basil
- ☐ 1/2 tsp thyme
- ☐ 1/8 tsp chili flakes
- ☐ 1/2 tsp paprika
- ☐ 1/4 tsp ground cloves
- ☐ 1/4 tsp cinnamon
- ☐ dash of cayenne

Baking Needs:

- ☐ 2 tbsp cornstarch
- ☐ 1 tbsp olive oil
- ☐ 3/4 cup + 2 tbsp canola oil
- ☐ 1 1/2 tsp sugar

Condiments / Dressings:

- ☐ 1/4 cup almond butter
- ☐ 2 tbsp honey
- ☐ 1 tbsp soy sauce (ensure gluten free if making for someone with Celiac)

Grains / Rice:

- ☐ 2 cups uncooked pot barley
- ☐ cooked rice, quinoa, or pasta (one pan creamy chicken and mushrooms)

Dairy / Eggs:

- ☐ 2 tbsp butter
- ☐ 400 g halloumi
- ☐ 1/2 cup feta crumbled

Meats / Seafood:

- ☐ 1.5 lbs chicken breasts or chicken thighs
- ☐ 1 lb pork loin tenderloin, cut into 4 steaks

Produce:

- ☐ 1.5 lbs mushrooms
- ☐ 1/4 cup sun dried tomatoes
- ☐ 4 cups fresh spinach
- ☐ 1 lb potatoes
- ☐ 1 large red onion + 1/2 cup chopped red onion
- ☐ 1/2 head of cauliflower
- ☐ 3/4 cup California prunes cut into quarters
- ☐ 12 cloves garlic minced + 4 cloves roasted garlic
- ☐ 1 tbsp freshly grated ginger
- ☐ 2 carrots
- ☐ 1/2 cucumber
- ☐ 3 stalks celery
- ☐ 3 large + 8 small radishes
- ☐ 1 bunch of parsley + 1/4 cup fresh parsley
- ☐ side of your choice of veggies (one pan creamy chicken and mushrooms)

Canned / Packaged Goods:

- ☐ 1 cup chicken broth or 1 cup water + 1 tsp bouillon paste
- ☐ 1 can (340 ml or 11.5 oz) evaporated milk
- ☐ 1 cup marinara sauce
- ☐ 8 small roasted red peppers from a jar
- ☐ 8 large tortilla wraps
- ☐ 1 cup sliced almonds or shelled pistachios
- ☐ 1/2 cup walnut pieces
- ☐ 1/3 cup lemon juice
- ☐ 3 tbsp vinegar