

Shopping List



ITEMS

Spices:

- 1 tsp basil
- 1 tsp oregano
- 1 tsp fennel seeds
- 12 whole black peppercorns

Pasta / Sauces:

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

Produce:

- 3 cups cherry tomatoes
- 1 cup diced red onions (1 medium sized onion)
- 18 cloves garlic minced
- 1 large onion
- 3 large carrots
- 2 bay leaves
- 1 head of cabbage
- 1 bunch of fresh dill
- 8 cups field greens
- 1 small beet + 5-6 small-medium beets roasted *see note in recipe
- 3 stalks of celery
- 4 potatoes

Baking Needs:

- 1/4 cup canola oil
- 2 tbsp sugar
- 1/4 cup + 1 1/2 tsp syrup (simple, maple, or agave)
- 6 tbsp olive or canola oil

Snacks / Chips / Candy:

- 1 cup walnuts almonds, or pecans

Meats / Seafood:

- 3 chicken breasts with bone and skin or boneless/skinless

Grains / Rice:

- 3 cups cooked brown rice
- 1 cup quinoa uncooked (or 2 cups cooked)

Frozen Foods:

- 1 1/2 cups frozen corn defrosted

Condiments / Dressings:

- 1 cup salsa
- 1/3 cup dill pickle brine or vinegar
- 1/4 cup balsamic vinegar

Canned / Packaged Goods:

- 1 can tuna
- 1/3 cup beef Better Than Bouillon or other bouillon
- 1 can tomato sauce
- 1 (798 ml) can diced tomatoes
- 2 cups cooked navy beans or 1-2 cans, drained and rinsed

Dairy / Eggs:

- 1 1/2 cups shredded cheddar cheese
- 1 cup ricotta cheese
- 3/4 cup cream cheese (5 oz)
- 1/2 cup crumbled feta
- 1 1/2 tsp butter or oil coconut, olive, or canola