

# Shopping List



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## ITEMS

### Deli:

- 100 g pepperoni

### Dairy / Eggs:

- 1 cup mozzarella cheese
- 1/2 cup + 2 tbsp parmesan cheese
- 2 tbsp butter
- 1/2 cup cream cheese

### Meats / Seafood:

- 2 chicken breasts

### Frozen Foods:

- 4 cups frozen peas
- 1 cup of peach puree (see note)

### Baking Needs:

- 3 tbsp canola oil or other light tasting oil or butter

### Grains / Rice:

- 1 cup quinoa uncooked
- 2 cups cooked rice for stovetop instructions or 1 cup brown rice for instant pot instructions

### Canned / Packaged Goods:

- 1 tbsp + 2 tsp vegetable bouillon (Better Than Bouillon)
- 2 cans (156 ml each) tomato paste
- 3 cups or 2 cans drained and rinsed cooked pinto beans
- 3 cans (798 ml each) diced tomatoes
- 2 cans (340 ml each) evaporated milk
- 1/2 cup chicken stock for stovetop instructions or 1 tsp chicken bouillon paste for instant pot instructions
- 1 tbsp bouillon paste (chicken or vegetarian)
- 1.5 cups cooked or canned chickpeas

### Spices:

- 2 ½ tsp basil
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 2 ½ tsp oregano
- 1/4 tsp smoked paprika
- 1 tbsp garam masala
- 1 tbsp turmeric
- 2 tsp cumin
- 1/3 tsp chili flakes

### Produce:

- 1/3 cup chopped red onion
- 4 bell peppers
- 4 large mushrooms + 1 lb mushrooms
- 3 stalks celery
- 1/4 cup fresh dill chopped
- 4 medium onions
- 3 carrots
- 2 lbs of potatoes
- 1/2 cup sundried tomatoes
- 5 cloves garlic + 3 cloves garlic minced