

Shopping List



ITEMS

Grains / Rice:

- 2 cups cooked quinoa
- 1 package, 500 g gnocchi
- 1/2 cup uncooked quinoa

Snacks / Chips / Candy:

- 3/4 cup whole almonds
- tortilla chips
- 1/2 cup dried cranberries

Pasta / Sauces:

- 1/2 cup prepared pesto

Dairy / Eggs:

- Parmesan cheese
- 1 cup shredded cheddar cheese

Frozen Foods:

- 1 cup frozen corn

Condiments / Dressings:

- 2 tsp soy sauce
- 1/3 cup vinegar

Baking Needs:

- 1 tbsp oil
- 1/2 cup sesame oil

Produce:

- 2 celery stalks
- 1 carrot
- 4 cups chopped kale
- 1 handful fresh basil
- 2 medium sized russet potatoes
- 1 head romaine
- 2 oranges
- 1 cup snap sugar peas
- 1 cup broccoli pieces
- 1 1/3 cups chopped red onion
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 cup quartered cherry tomatoes
- 1 large red pepper
- 2 onions
- 8 cloves garlic

Meats / Seafood:

- 2 links italian sausage
- 3 chicken breasts
- 1 pound ground turkey

Spices:

- 1 tsp fennel
- 1 handful + 1 tsp fresh oregano
- 2 tsp chili powder
- 1/2 tsp chili flakes
- 2 tsp garlic powder

Canned / Packaged Goods:

- 2 cans (798 ml each) diced tomatoes
- 1 tbsp chicken bouillon
- 1 can (370 ml) evaporated milk

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- 1 can, 156 ml tomato paste
 - 1 1/2 cups cooked black beans

Beverages:

- 1/2 cup frozen orange juice concentrate