
ITEMS

Meats / Seafood:

- 1 pound ground turkey
- 1 link italian sausage

Produce:

- 2 stalks celery
- 8 cloves garlic
- 1 red pepper
- Red onion slices
- 1/2 cup sundried tomatoes
- 2 large onions + 1/2 cup chopped onion
- fresh basil leaves

Spices:

- 2 tsp oregano
- 3/4 tsp fennel seeds
- 1/4 tsp chili flakes
- 3/4 tsp onion powder
- 3/4 tsp garlic powder
- 2 tsp basil

Bread / Peanut Butter / Jams:

- Ciabatta buns

Frozen Foods:

- 1 cup frozen green peas
- 300 g frozen chopped spinach

Dairy / Eggs:

- 2 eggs
- 8 tsp parmesan cheese
- 85 g mozzarella cheese
- shredded mozzarella
- 3/4 cup milk
- 1/2 cup shredded cheddar cheese
- 100 g grated cheddar cheese

Pasta / Sauces:

- 1 cup marinara sauce
- 6 oz egg noodles

Grains / Rice:

- 1 1/4 cups quinoa

Canned / Packaged Goods:

- 1 package extra firm tofu
- 1 can navy beans
- 3/4 cup dry lentils
- 1 can tuna
- 1 can (155 ml) tomato paste
- 1 tbsp chicken bouillon paste (Better Than Bouillon)
- 1 can sliced mushrooms
- 1 can (398 ml) tomato sauce

Baking Needs:

- 1/4 cup flour
- 2 tbsp cornstarch
- 1/4 cup panko crumbs
- 2 tbsp canola or olive oil