

Shopping List



ITEMS

Pasta / Sauces:

- Vermicelli noodles
- 8 ounces spaghetti

Canned / Packaged Goods:

- pickled julienned carrots
- 1 can, 156 ml tomato paste
- 3/4 cup canned lentils
- 1 can diced tomatoes
- 2 teaspoons vegetable bouillon

Snacks / Chips / Candy:

- 1 3/4 cups walnut halves

Spices:

- 1 teaspoon oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 3/8 teaspoon chili flakes
- 1/2 teaspoon + 1 handful basil

Dairy / Eggs:

- 2 tablespoons parmesan cheese
- 1 cup mozzarella cheese
- 1 cup feta
- 1 1/2 teaspoons butter

Meats / Seafood:

- 100 grams pepperoni

Baking Needs:

- 1 1/4 cup canola oil
- 1/3 cup nutritional yeast
- 2 tablespoons sugar
- sunflower seeds
- 1/4 cup syrup

Condiments / Dressings:

- 1/2 cup vinegar
- 3 tablespoons soy sauce
- 1/4 cup balsamic vinegar

Bread / Peanut Butter / Jams:

- 2 tablespoons tahini

Produce:

- 5 cloves garlic
- 1 large carrot
- julienned apple slices
- green onions
- cilantro
- 1 cup chopped red onion
- 4 large mushrooms
- 4 bell peppers
- 1 small zucchini
- 8 cups field greens
- 6 small beets

Grains / Rice:

- rice paper wrappers
- 2 cups quinoa