
ITEMS

Spices:

- 1/2 teaspoon sumac
- 1/4 teaspoon turmeric
- 1 tablespoon chili powder
- 1 teaspoon oregano
- 1/2 teaspoon garlic powder
- 2 tablespoons poppy seeds

Grains / Rice:

- 2 cups cooked brown rice
- 460 grams dry medium shells pasta
- 2 cups cooked quinoa

Produce:

- 1 398 ml can baked beans
- 2 cloves garlic
- 1 head romaine
- 2 oranges
- 1 cup snap sugar peas
- 1 cup broccoli pieces
- 1 red onion + 1/3 cup red onion
- Juice of 1 orange

Dairy / Eggs:

- 140 grams shredded cheddar
- 2 cups ricotta
- 5 eggs

Beverages:

- 1/2 cup frozen orange juice concentrate

Meats / Seafood:

- 3 chicken breasts

Bread / Peanut Butter / Jams:

- 1 tablespoon honey

Condiments / Dressings:

- 1 tablespoon whole grain mustard
- 1/3 cup vinegar
- 2 teaspoons soy sauce

Canned / Packaged Goods:

- 1 tablespoon lemon juice
- 1 can salmon
- 1 798 ml can diced tomatoes

Snacks / Chips / Candy:

- 1/2 cup pistachios
- 1/4 cup diced dried apricots
- 1/2 cup dried cranberries
- 3/4 cup whole almonds

Baking Needs:

- 1/4 cup panko breadcrumbs
- 1 tablespoon canola or olive oil
- 4 tablespoons sugar
- 1/2 cup sesame oil
- 2 cups flour
- 1 tablespoon baking powder