

# Shopping List



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## ITEMS

### Grains / Rice:

- Rice
- Cooked quinoa

### Bread / Peanut Butter / Jams:

- 1/2 cup peach or mango jam

### Meats / Seafood:

- 1 ½ pounds pork loin
- Grilled and sliced chicken breast
- 1 pound ground beef (optional)

### Canned / Packaged Goods:

- 1 28 ounce can diced tomatoes
- 1 tablespoon chicken bouillon paste
- 1 1/2 cups cooked chickpeas
- 2 5 oz cans tomato paste
- 1 tablespoon beef or vegetarian bouillon paste
- 2 398 ml cans tomato sauce
- 1 540 ml can lentils

### Dairy / Eggs:

- 1/4 cup grated parmesan cheese

### Beverages:

- 1/2 cup orange juice

### Pasta / Sauces:

- 1 pound (16 oz or 454g) spaghetti

### Baking Needs:

- 3/4 cup canola oil
- dried young coconut or flaked coconut

### Frozen Foods:

- 1 cup peach puree
- 2 cups frozen peas

### Spices:

- 2 1/2 teaspoons cumin
- 2 teaspoons oregano
- 1/2 teaspoon garlic powder
- 1 tablespoon garam masala
- 1 tablespoon turmeric
- 1/2 teaspoon chili flakes
- 1 teaspoon basil
- 1/2 teaspoon whole or crushed fennel
- 1 tablespoon chili powder

### Condiments / Dressings:

- 1 cup salsa
- 1 tablespoon vinegar

### Produce:

- 2 large red peppers
- Fresh cilantro
- 9 cloves garlic
- 3 carrots
- 1/2 cup sundried tomatoes
- Fresh spinach
- Sliced cucumbers
- Sliced red onion
- 2 medium and 2 large onions
- 2 pounds potatoes
- 3 stalks celery