

# Shopping List



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## ITEMS

### Frozen Foods:

- 150 grams frozen spinach
- 24 frozen meatballs

### Canned / Packaged Goods:

- 3 cups cooked chickpeas
- 1 can coconut milk
- 3 tablespoons lemon juice
- 1 tablespoon bouillon paste

### International:

- 1 teaspoon fish sauce

### Dairy / Eggs:

- 1/3 cup cream cheese

### Snacks / Chips / Candy:

- 1/4 cup pumpkin seeds
- 3 tablespoons dried cranberries

### Grains / Rice:

- quinoa, rice, or barley to go with easy swedish meatballs

### Produce:

- 1 1/2 pounds baby new potatoes
- 24 large stalks asparagus
- 1 onion + 1 large red onion
- 1 1/2 cups cherry tomatoes
- 12 cloves garlic
- 1 tablespoon grated fresh ginger
- 1 tablespoon lemongrass paste
- 1 carrot
- 1 pound potatoes
- 4 cups arugula
- 1 apple
- 4 cups chopped romaine lettuce
- 2 stalks celery
- 1 green onion

### Meats / Seafood:

- 2 large chicken breasts
- 3 slices bacon

### Condiments / Dressings:

- 1/2 cup balsamic vinegar
- 1/2 teaspoon whole grain mustard

### Baking Needs:

- 1/4 cup olive oil
- 4 teaspoons brown sugar
- 5 tablespoons canola oil
- 1 tablespoon cornstarch
- 1 tablespoon maple syrup

### Spices:

- 1 tablespoon dried rosemary
- 1/4 teaspoon chili flakes
- 1/2 teaspoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1/8 teaspoon nutmeg