
ITEMS

Snacks / Chips / Candy:

- 1 cup sliced almonds or shelled pistachios

Dairy / Eggs:

- 400 grams halloumi
- 1/2 cup plain yogurt
- 2 tablespoons butter or ghee
- cotija or feta cheese

Pasta / Sauces:

- 1 cup marinara sauce

Baking Needs:

- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 6 tablespoons canola oil

Meats / Seafood:

- 2 pounds boneless chicken
- 4 cups cooked chicken

International:

- 3 small green chilis
- 1/2 teaspoon mango powder

Bread / Peanut Butter / Jams:

- 1/4 cup almond butter
- 8 large tortilla wraps + tortillas for Pineapple Chicken Tacos

Produce:

- 1/4 cup sun dried tomatoes
- 1/4 cup fresh parsley
- 4 cups fresh spinach
- 8 small radishes
- 1 jalapeno
- 1 large red onion
- 8 cups shredded cabbage
- 1 tablespoon lime juice
- 2 onions
- 8 stalks celery
- 2 pounds sweet potato
- 1 3/4 cup fresh cilantro
- 2 cups chopped kale
- 3 cups pineapple pieces
- 22 cloves garlic

Canned / Packaged Goods:

- 8 small roasted red peppers
- 3 cups cooked chickpeas
- 2 tablespoons chicken bouillon paste
- 3 798 ml cans diced tomatoes

Condiments / Dressings:

- 1 tablespoon vinegar
- 2 tablespoons buffalo hot sauce
- 1/4 cup mayo

Spices:

- 1/2 teaspoon paprika + 1/2 teaspoon smoked paprika
- 2 teaspoons chili powder
- 1 1/2 tablespoons cumin
- 2 tablespoons grated fresh ginger

Shopping List



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- 1 tablespoon coriander
 - 1 teaspoon garam masala
 - 1 teaspoon turmeric
 - 2 teaspoons oregano