
ITEMS

Pasta / Sauces:

- 15 sheets lasagna noodles
- 1 large jar pasta sauce

Dairy / Eggs:

- 4 eggs
- 1/4 cup parmesan cheese
- 400 grams mozzarella cheese
- feta
- 500 ml (2 cups) cottage cheese

Snacks / Chips / Candy:

- 3/4 cup walnut halves

Grains / Rice:

- Leftover cooked rice

Meats / Seafood:

- Grilled chicken
- 1 ½ lbs raw chicken breasts

Spices:

- 1 1/2 teaspoons coriander
- 1 teaspoon cumin
- 1/4 teaspoon chilli flakes

Produce:

- 16 garlic cloves + 1 head garlic
- 1 cup fresh or frozen pineapple chunks
- 3+ cups chopped broccoli
- 3 cups shredded carrots + grated carrots
- 3 cups chopped bell peppers
- 3 cups snap peas
- 1 pound + 3 cups sliced mushrooms
- 2 medium zucchinis
- 1 medium eggplant
- large handful fresh basil leaves
- 1/4 cup chopped parsley
- cucumbers, lettuce, and optional pickled turnips for falafel pitas
- 1 each of red, orange, and yellow peppers
- optional: 1 tsp fresh ginger grated (not powdered ginger!)
- 1 ½ cups sliced green onions
- 3 onions

Condiments / Dressings:

- 1/2 cup soy sauce
- 1/4 cup mirin
- 3 tablespoons vinegar
- tzatziki

Bread / Peanut Butter / Jams:

- 2 tablespoons honey
- 3 tablespoons tahini or sesame seeds
- pitas

Baking Needs:

- 2 tablespoons corn starch
- 1 tablespoon olive oil
- 1/2 cup canola oil
- 1/3 cup nutritional yeast
- 1/3 cup flour
- 1 teaspoon baking powder

Shopping List



- 1/2 cup sesame oil

Canned / Packaged Goods:

- 6 packages (210g each) NuPasta spaghetti (or sub in 10 oz spaghetti noodles – dry weight – boiled and drained)
- 3 cups chickpeas