

Shopping List



ITEMS

Canned / Packaged Goods:

- 1 can tuna
- 1 1/2 cups cooked black beans
- falafels
- 1 can sliced mushrooms
- 1 tablespoon chicken bouillon paste (Better Than Bouillon)

Frozen Foods:

- 1 cup frozen green peas
- 1 cup frozen corn

International:

- 1/4 cup tahini

Condiments / Dressings:

- 1 tablespoon soy sauce
- 1 cup salsa

Meats / Seafood:

- 2 cups cooked and diced chicken

Beverages:

- Juice of 1 orange

Produce:

- Zest of 1 orange
- Spring mix
- Beets
- Dates
- 6 cloves garlic
- 1 large spaghetti squash
- 1 red pepper
- 1 onion + 1/2 cup chopped onion

Baking Needs:

- 3 tablespoons sugar
- 2 cups flour
- 1 tablespoon baking powder
- 2 tablespoons cornstarch
- 1/4 cup panko crumbs
- 1/3 cup nutritional yeast
- 1/3 cup apple cider vinegar
- 3/4 cup canola oil

Spices:

- 2 tablespoons poppy seeds
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon turmeric
- 1 teaspoon chili powder
- 1/4 teaspoon cumin

Dairy / Eggs:

- 2 cups ricotta
- 3/4 cup milk
- 1/2 cup shredded cheddar cheese
- 1 cup cream cheese
- 7 eggs
- 3 3/4 cups grated cheddar cheese

Pasta / Sauces:

- 6 ounces egg noodles