

# Shopping List



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## ITEMS

### Spices:

- 1/2 teaspoon thyme
- 2 1/2 teaspoons oregano
- 1/4 teaspoon chili flakes
- 1 teaspoon fennel
- 1/4 teaspoon freshly cracked black pepper
- 3 teaspoons basil

### Meats / Seafood:

- 3 cups chicken cooked and diced
- 2 links Italian sausage
- grilled chicken

### Canned / Packaged Goods:

- 1 798 ml can diced tomatoes
- 1 tablespoon chicken bouillon
- 1 can evaporated milk

### Condiments / Dressings:

- 1 tablespoon balsamic vinegar
- 2 tablespoons white vinegar

### Produce:

- 2 large onions
- 6 cups grated zucchini
- 3+ cups spinach
- 2/3 cup sun-dried tomatoes packed in oil
- 2 celery stalks
- 1 carrot
- 4 cups chopped kale
- 2 medium russet potatoes
- sliced cucumbers
- sliced bell peppers
- 3 cups cherry tomatoes
- 1 cup diced red onions
- 1 handful oregano
- 2 cloves garlic
- 20 cloves garlic minced
- 1 handful basil

### Baking Needs:

- 3 tablespoons flour
- pine nuts
- 1/4 cup + 1 tablespoon olive oil

### Dairy / Eggs:

- 2 cups cottage cheese
- 1/4 cup parmesan
- 2 1/2 cups shredded mozzarella
- 1 1/2 cups half and half
- 2 eggs
- 2 ounces feta cheese
- 1 cup ricotta cheese
- 3/4 cup cream cheese

### Pasta / Sauces:

- 12 sheets oven ready lasagna noodles
- 10 ounces bow tie pasta farfalle