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## ITEMS

### Deli:

- 100 grams pepperoni

### Condiments / Dressings:

- 1/2 cup salsa

### Snacks / Chips / Candy:

- Toasted pita wedges or tortilla chips for dipping

### Baking Needs:

- 3 tablespoons canola oil
- 3 tablespoons flour
- 1/2 teaspoon sugar

### Meats / Seafood:

- 2 large chicken breasts

### Spices:

- 1 3/4 teaspoons oregano
- 1/4 teaspoon onion powder
- 1/8 teaspoon chili flakes
- 1/2 teaspoon basil
- 1/2 teaspoon garlic powder
- 1 1/4 teaspoons cumin
- 2 teaspoons smoked paprika
- 1 tablespoon + 1 teaspoon chili powder

### Canned / Packaged Goods:

- 2 teaspoons vegetable bouillon
- 1 156 ml can tomato paste
- 1 1/2 cups quinoa
- 1/4 cup red lentils
- 3 cups cooked black beans

### Dairy / Eggs:

- 2 tablespoons parmesan cheese
- 1 cup mozzarella cheese
- 1 cup plain yogurt
- 1 1/2 cups cottage cheese
- 1 2/3 cups shredded cheddar cheese
- 3 eggs
- 1/3 cup feta cheese crumbles

### Produce:

- 1/3 cup chopped red onion
- 4 large mushrooms
- 2 cups guacamole
- 2 cups shredded lettuce
- 1 tomato
- 1 large onion
- 1 lime
- 1 large carrot
- 3 green onions
- 6 bell peppers + 1 red pepper