

Shopping List



ITEMS

Beverages:

- 1/2 cup mango juice

International:

- 1 tablespoon fish sauce

Dairy / Eggs:

- 1 cup cream cheese
- 2 eggs
- 2 cups shredded cheddar cheese
- 2 cups Greek yogurt tzatziki (I always use Skotidakis brand. You definitely want it to be nice and thick.)

Spices:

- 1 teaspoon chili powder
- 3/4 teaspoon cumin
- 1 teaspoon turmeric
- 1/2 teaspoon smoked paprika
- 1 1/2 teaspoons curry powder

Meats / Seafood:

- 2 cups cooked and diced chicken

Snacks / Chips / Candy:

- 1/2 cup raisins
- 1 1/2 cups cashews

Baking Needs:

- 1 tablespoon olive oil
- 5 tablespoons canola oil
- 1 tablespoon sugar

Frozen Foods:

- 2 dozen cooked and frozen meatballs
- 3 cups mixed veggies (mushrooms, spinach, roasted red peppers, sun-dried tomatoes, marinated artichokes)
- 1 cup frozen corn
- 150 grams frozen chopped spinach

Canned / Packaged Goods:

- 1 cup beef broth
- 1 1/2 cups cooked black beans
- 1 pound dry red lentils
- 2 tablespoons Vegetable Better Than Bouillon
- 1 340 ml can coconut milk
- 1 cup salsa

Grains / Rice:

- quinoa, rice, or pita bread to serve with meatballs
- 1 cup quinoa

Produce:

- 1 bagged salad kit
- 2 mangoes
- 1 cup chopped red onion
- 2 tablespoons lime juice
- 1 thai chili
- 1 large spaghetti squash
- 9 cloves garlic
- 2 large carrots
- 2 stalks celery
- 1 handful + 2 tablespoons fresh cilantro
- 3 large onions
- 2 red peppers