
ITEMS

Produce:

- 1 red pepper
- 1 cucumber
- 2 cups chopped broccoli
- 2 cups chopped cherry tomatoes
- 1 handful fresh oregano
- 9 cloves garlic
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 onion
- 1/2 teaspoon ginger
- 2 carrots
- 1/2 pound snap peas
- 2 apples
- sliced green onions
- 4 cups arugula
- 4 cups chopped romaine lettuce
- 2 stalks celery
- 1 cup red onion + 1 small red onion

Dairy / Eggs:

- 1 cup crumbled feta cheese
- parmesan cheese

Grains / Rice:

- 1 ½ cups dried quinoa
- cooked brown rice

Pasta / Sauces:

- 1/2 cup prepared pesto

Snacks / Chips / Candy:

- 1/4 cup pumpkin seeds
- 3 tablespoons dried cranberries

Canned / Packaged Goods:

- 3/4 cup lemon juice
- 1 package, 500 g gnocchi
- 1 tablespoon beef bouillon

Baking Needs:

- 1/2 cup + 2 tablespoons olive oil
- 2 teaspoons sugar
- 4 tablespoons canola oil
- 2 tablespoons brown sugar
- 1 tablespoon sesame oil
- 2 tablespoons corn starch
- 1 tablespoon maple syrup

Condiments / Dressings:

- 5 tablespoons vinegar
- 2 tablespoons red wine vinegar
- 2 tablespoons soy sauce
- 1/2 teaspoon whole grain mustard

Spices:

- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- sesame seeds
- fresh basil

Meats / Seafood:

- 2 chicken breasts
- 1 pound flank steak
- 3 slices bacon