
ITEMS

Baking Needs:

- 3 tablespoons canola oil

Bread / Peanut Butter / Jams:

- Ciabatta buns

Meats / Seafood:

- 1 pound ground turkey, chicken, or beef
- 3 links italian sausage

Grains / Rice:

- 460 grams dry medium shells pasta

Dairy / Eggs:

- 140 grams shredded cheddar

Spices:

- 1 tablespoon garam masala
- 1 tablespoon turmeric
- 2 teaspoons cumin
- 1 1/2 teaspoons fennel seeds
- 3/4 teaspoon chili flakes
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1 handful + 1 teaspoon basil
- 1 handful + 2 teaspoons oregano

Canned / Packaged Goods:

- 1 5.5 ounce can tomato paste
- 2 tablespoons chicken bouillon paste
- 1 1/2 cups cooked chickpeas
- 1 can navy beans
- 1 398 ml can tomato sauce
- 3 798 ml cans diced tomatoes
- 1 can evaporated milk
- 1 398 ml can baked beans

Produce:

- 2 pounds + 2 medium potatoes
- 1/2 cup sundried tomatoes
- 17 cloves garlic
- 1 red pepper
- red onion slices
- 3 carrots
- 4 stalks celery
- 4 cups chopped kale
- 4 onions

Frozen Foods:

- 2 cups frozen peas
- 1 cup peach puree (see note in recipe)
- 150 grams frozen chopped spinach