

Shopping List



ITEMS

Produce:

- 2 large red peppers
- fresh cilantro
- 6 cups grated zucchini
- 6 cloves garlic
- 3 cups spinach
- 1/2 cup sun-dried tomatoes packed in oil
- 2 mangoes or 4 peaches
- juice and zest of 1 orange
- 2 large onions + 1/2 cup large onion

Pasta / Sauces:

- 6 ounces egg noodles
- 12 sheets oven ready lasagna noodles

Frozen Foods:

- 1 cup frozen green peas

Meats / Seafood:

- 3 cups chicken cooked and diced
- 1 1/2 lbs pork loin sliced thinly (*see note)

Bread / Peanut Butter / Jams:

- 1/2 cup peach or mango jam

Dairy / Eggs:

- 7 eggs
- 2 cups ricotta
- 3/4 cup milk
- 100 grams grated cheddar cheese
- 1/2 cup shredded cheddar cheese
- 2 cups cottage cheese
- 1/4 cup parmesan
- 2 1/2 cups shredded mozzarella
- 1 1/2 cups half and half or 1 can evaporated milk

Baking Needs:

- 3 tablespoons sugar
- 2 1/4 cups flour
- 1 tablespoon baking powder
- 1 tablespoon canola oil
- 2 tablespoons cornstarch
- 1/4 cup panko crumbs

Spices:

- 2 tablespoons poppy seeds
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/2 teaspoon onion powder
- 1 teaspoon basil
- 1/2 teaspoon thyme
- 1 1/2 teaspoons oregano

Canned / Packaged Goods:

- 1 cup salsa
- 1 tablespoon chicken bouillon paste
- 1 can sliced mushrooms drained
- 1 can tuna
- Rice