

Shopping List

ITEMS

Produce

- 1 large carrot
- 3 green onions
- 1 tbsp lemon juice
- 1 red onion
- green beans or a side salad
- 2 cups guacamole
- 2 cups shredded lettuce
- 2 red peppers
- 1 tomato diced (about 1 cup)
- 1 medium spaghetti squash
- 1 large onion
- 4 cloves garlic
- 300 g mushrooms

Bread / Peanut Butter / Jams

- 1 tbsp honey, melted

Canned / Packaged Goods

- ¼ cup red lentils
- 1 can salmon (142g)
- ¼ cup diced dried apricots
- 1.5 cups cooked black beans or 1 can, drained and rinsed
- 1 cup marinara sauce

Grains / Rice

- ½ cup quinoa
- 2 cups cooked brown rice

Baking Needs

- 3 tbsp flour (I used arrowroot but a GF blend or whole wheat flour works too.)
- 1 tbsp + ½ tsp sugar
- ¼ cup panko breadcrumbs
- 1 tbsp canola or olive oil

Spices

- ¼ tsp garlic powder
- ¾ tsp cumin
- ¾ tsp oregano
- ½ tsp sumac
- ¼ tsp turmeric
- 1 tbsp chili powder
- ½ tsp fennel seeds
- ¼ tsp chili flakes

Condiments / Dressings

- 1 tbsp whole grain mustard
- ½ cup salsa

Snacks / Chips / Candy

- ½ cup pistachios
- toasted pita wedges or tortilla chips for dipping

Dairy / Eggs

- 7 eggs
- 1 ⅔ cup shredded cheddar cheese
- 750 g + 1 cup cottage cheese
- ½ cup cottage cheese or ricotta
- ⅓ cup feta cheese crumbles
- 1 cup plain yogurt
- ½ cup parmesan cheese grated
- 300 g mozzarella cheese

Meats / Seafood

- 1 lb lean ground beef

Frozen Foods

- 150 g (½ package) frozen spinach