

Shopping List

ITEMS

Produce

- ¼ cup sun dried tomatoes
- ¼ cup fresh parsley
- 4 cups fresh spinach
- 8 small radishes
- 20 cloves garlic
- 5-6 cups chopped cauliflower or 750g or 1 ½ lbs + 1 head cauliflower
- 3 carrots
- 4 stalks celery
- 2 cups cherry tomatoes
- 1 green onion
- 1 bell pepper
- 2 cups chopped broccoli
- 1 small or half a large onion
- one thumb sized chunk of ginger

Bread / Peanut Butter / Jams

- ¼ cup almond butter
- 8 large tortilla wraps
- 1 tsp honey

Canned / Packaged Goods

- 8 small roasted red peppers from a jar
- 3 cups chicken broth or 3 cups water and 1.5 tbsp bouillon paste
- 1 cup roasted garlic hummus

Pasta / Sauce

- 1 cup marinara sauce
- 8 oz whole wheat pasta

Baking Needs

- 1 tbsp olive oil
- ¼ cup olive or canola oil
- 2 tbsp canola oil

- 3 tbsp sesame oil
- ¼ cup flour
- ¼ cup + 1 tbsp cornstarch
- ¼ cup white sugar

Spices

- ½ tsp paprika
- 2 tbsp + ½ tsp garlic powder
- 1 tbsp onion powder
- ½ -1 tsp chili flakes
- ½ tsp ginger (powdered)

Grains / Rice

- 1 cup uncooked couscous
- rice (My preference for this recipe is a short grain brown rice.)

Condiments / Dressings

- ⅓ cup Franks Red Hot sauce
- 2 tsp apple cider vinegar
- 1 tbsp mayo
- ¼ cup + 1 tbsp vinegar
- 3 tbsp soy sauce

Snacks / Chips / Candy

- 1 cup sliced almonds or shelled pistachios
- ¼ cup pistachios

Dairy / Eggs

- 600 g halloumi
- 2 tbsp butter
- 1 (8 oz) brick cream cheese
- 1 egg

Meats / Seafood

- 2 chicken breasts grilled (or from a rotisserie)
- 1 lb flank steak

Frozen Foods

- ½ cup frozen green peas