

Shopping List

ITEMS

Produce

- 1 onion
- 1 lb (454g) broccoli
- 2.5 lbs mushrooms
- 6 cloves garlic
- side of veggies (One Pan Creamy Chicken and Mushrooms)
- spring mix
- beets cooked, cooled, and peeled *see note 1 for Turmeric Falafel Bowl
- dates cut into quarters
- 3 stalks celery
- ¼ cup fresh dill chopped

Canned / Packaged Goods

- 1 cup chicken broth or 1 cup water and 1 tsp bouillon paste
- ½ cup chicken stock or ½ tsp Chicken Better Than Bouillon and ½ cup water
- 1 can (340 ml or 11.5 oz) evaporated milk

Pasta / Sauce

- 12 oz (340g) dry macaroni noodles

Baking Needs

- ¼ cup + 2 tbsp cornstarch
- ¾ cup canola oil

Spices

- 2 tsp basil
- ½ tsp thyme
- ⅛ tsp chili flakes
- 1 tbsp turmeric
- ½ tsp onion powder
- 1 tsp oregano

Grains / Rice

- cooked rice, quinoa, or pasta
- 2 cups rice cooked

Condiments / Dressings

- ⅓ cup apple cider vinegar
- 1 tbsp soy sauce

Dairy / Eggs

- ¼ cup + 3 tbsp butter
- 1 ½ cups milk
- 2 eggs
- 200 g (7 oz) cheddar cheese
- ½ cup cream cheese

Meats / Seafood

- 1.5 lbs chicken breasts or chicken thighs
- 2 chicken breasts

Miscellaneous

- falafels: pre-made (freezer or fridge section) or dry mix (may be in the international aisle)
- ⅓ cup nutritional yeast: “natural foods” section (I dislike that name!)
- ¼ cup tahini: natural foods or international