

Shopping List

ITEMS

Produce

- 4-6 garlic cloves
- 1 cup fresh or frozen pineapple chunks
- optional: 1 tsp fresh ginger grated (NOT powdered ginger!)
- 3 cups chopped broccoli
- 3 cups sliced mushrooms
- 1 ½ cups sliced green onions
- 3 cups shredded carrots (about 3 carrots)
- 3 cups roughly chopped bell peppers
- 3 cups snap peas
- 1 cup sliced red onion
- 1 onion
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 cup quartered cherry tomatoes
- fresh basil ribboned for serving
- salad kit
- 8 cups field greens
- 5-6 small-medium beets roasted *see note in recipe

Bread / Peanut Butter / Jams

- 2 tbsp honey

Canned / Packaged Goods

- 1 cup beef broth

Pasta / Sauce

- 6 packages (210g each) of NuPasta spaghetti (or sub in 10 oz spaghetti noodles - dry weight)
- 1/2 cup prepared pesto
- 1 package (500g or 17.5 oz) gnocchi

Baking Needs

- 2 tbsp sesame oil
- 2 tbsp corn starch
- 7 tbsp olive oil

Spices

- sesame seeds for topping

Grains / Rice

- 1 cup quinoa uncooked (or 2 cups cooked)
- quinoa, rice, or pita bread (Greek meatballs)

Condiments / Dressings

- ¼ cup soy sauce
- ¼ cup balsamic vinegar
- ¼ cup + 1 ½ tsp syrup

International

- ¼ cup mirin

Snacks / Chips / Candy

- 1 cup walnuts, almonds, or pecans

Dairy / Eggs

- parmesan cheese for serving
- 1 ½ tsp butter or oil (coconut, olive, or canola)
- ½ cup crumbled feta

Meats / Seafood

- 1 ½ lbs raw chicken breasts

Deli

- 2 cups Greek yogurt tzatziki (I always use skotidakis brand. You definitely want it to be nice and thick.)

Frozen Foods

- 2-3 cups mixed veggies (mushrooms, spinach, roasted red peppers, sun-dried tomatoes, marinated artichokes)
- 2 dozen cooked and frozen meatballs