

Shopping List

ITEMS

Produce

- 1 large carrot
- 1 bell pepper any colour
- 2 cups chopped broccoli
- 2 onions
- 1 red onion
- 18 cloves garlic
- one thumb sized chunk of ginger
- 3 cups cherry tomatoes
- 6 leaves fresh sage or ½ tsp dried

Canned / Packaged Goods

- 1 can tuna
- 1 cup pumpkin puree
- ½ cup chicken stock

Pasta / Sauce

- 10 oz farfalle "bow ties" (4-5 cups)
- 12 oz whole wheat spaghetti

Baking Needs

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

Spices

- ½ -1 tsp chili flakes
- ½ tsp garlic powder
- ½ tsp ginger (powdered)
- 1 tsp basil
- 1 tsp oregano
- ⅛ tsp nutmeg

Grains / Rice

- 3 cups cooked brown rice
- rice (My preference is a short grain brown rice.)

Condiments / Dressings

- 1 cup salsa
- 1 tbsp mayo
- ¼ cup vinegar
- 3 tbsp soy sauce

Dairy / Eggs

- 1 ½ cups shredded cheddar cheese
- 1 egg
- ¾ cup cream cheese (5 oz)
- 2 ½ cups ricotta cheese
- ½ cup parmesan cheese

Meats / Seafood

- 1 lb flank steak

Frozen Foods

- 1 ½ cups frozen corn