

# Shopping List

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## ITEMS

### Produce

- 14 cloves garlic
- 5-6 cups chopped cauliflower (750g or 1 ½ lbs) + ½ head cauliflower
- 2 carrots
- 4 stalks celery
- 1 onion
- ⅓ cup chopped red onion + 1 large red onion
- ½ cup sundried or oven roasted tomatoes, chopped
- 4 large mushrooms
- 4 bell peppers any colour
- 1 lb potatoes
- ¾ cup California prunes
- 1 tbsp freshly grated ginger

### Bread / Peanut Butter / Jams

- 2 tbsp honey

### Canned / Packaged Goods

- 2 cups chicken broth or 2 cups water and 1 tbsp bouillon paste
- 2 tsp vegetable bouillon
- ¾ cup dry lentils
- 2 155 ml cans tomato paste

### Pasta / Sauce

- 8 oz whole wheat pasta

### Baking Needs

- 4 tbsp canola oil

### Spices

- 1 tsp basil
- 2 tsp oregano
- ¼ tsp fennel seeds

- ½ tsp basil
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ⅛ tsp chili flakes
- 1/4 tsp ground cloves
- 1/4 tsp cinnamon
- dash of cayenne

## Grains / Rice

- 1 ¾ cup quinoa uncooked

## Condiments / Dressings

- ⅓ cup Franks Red Hot sauce
- 1 tbsp soy sauce (ensure gluten free if making for someone with Celiac)

## Snacks / Chips / Candy

- ½ cup walnut pieces

## Dairy / Eggs

- 2 tbsp butter
- 1 (8 oz) brick cream cheese
- 2 tbsp parmesan cheese
- 1 ½ cups mozzarella cheese

## Meats / Seafood

- 2 chicken breasts grilled (or from a rotisserie)
- 1 lb pork loin tenderloin, cut into 4 steaks

## Deli

- 100 g pepperoni

## Frozen Foods

- ½ package frozen spinach (150 g)