

Shopping List

ITEMS

Produce

- 2 red onions
- 1 large onion
- green beans or a side salad (Pistachio Salmon Cakes with Apricot Rice)
- green beans (Moroccan Beef and Lentils)
- 8 cloves garlic
- fresh spinach
- 1 cucumber
- sliced cucumbers
- sliced bell peppers
- 1 red pepper
- 2 carrots
- ½ cup + 1 tbsp lemon juice
- 2 cups chopped broccoli
- 1 cup chopped cherry tomatoes
- 1 handful fresh oregano (or 2 tbsp dried)

Bread / Peanut Butter / Jams

- 1 tbsp honey, melted
- 2 tsp honey

Canned / Packaged Goods

- 1 can salmon (142g)
- ¼ cup diced dried apricots
- 2 cups beef broth
- 1 796 ml can diced tomatoes
- 1 cup dried split red lentils

Baking Needs

- ¼ cup panko breadcrumbs
- 1 tbsp + 2 tsp sugar
- ¾ cup + 3 tbsp olive oil

Spices

- ½ tsp sumac
- ¾ tsp turmeric
- 1 tsp oregano
- 1½ tsp basil
- 1 tsp ground coriander seed the spice
- 1 tsp cumin
- 1 tsp cinnamon
- ½ tsp ginger
- ½ tsp dried thyme

Grains / Rice

- 2 cups cooked brown rice
- brown rice (Moroccan Beef and Lentils)
- 1 ½ cups dried quinoa

Condiments / Dressings

- 1 tbsp whole grain mustard
- 1 tbsp balsamic vinegar
- 2 tbsp sundried tomatoes packed in oil
- 2 tbsp white vinegar
- 5 tbsp vinegar
- 2 tbsp red wine vinegar

Snacks / Chips / Candy

- ½ cup pistachios
- pine nuts
- ¾ cup raisins
- ¾ cup dried apricots cut into quarters

Dairy / Eggs

- 1 egg
- 1 cup + 2 oz crumbled feta cheese

Meats / Seafood

- grilled chicken sliced
- 2 chicken breasts
- 1 lb lean ground beef