

Shopping List

ITEMS

Produce

- 3 onions
- 4 cloves garlic
- 1 tbsp garlic minced
- 6 leaves fresh sage or ½ tsp dried
- asparagus, green peas, sauteed onions, or other veggie
- 1 whole tomato
- 1 jalapeno minced
- ½ cup fresh cilantro chopped finely

Canned / Packaged Goods

- ½ cup chicken stock
- 1 tbsp bouillon paste
- 4 cups vegetable or chicken broth
- 4 ½ cups chicken broth sodium reduced
- 1 18 oz can coconut milk
- 4 ½ cups pumpkin puree
- 14 ounces canned tomatoes (fire roasted, if possible)
- 2 tbsp tomato paste
- 1 chipotle pepper in adobo sauce chopped
- 2.5 cups black beans

Pasta / Sauce

- 12 oz whole wheat spaghetti

Baking Needs

- 2 tsp olive oil
- 1 tbsp canola oil
- 2 tbsp butter or canola oil
- 1 tbsp cornstarch
- 2 tbsp flour
- 1 tsp sugar
- coconut flakes for serving
- hemp hearts for serving

Spices

- ¼ tsp nutmeg
- 2 tbsp curry powder
- ½ tsp cumin
- ½ tsp chili powder

Grains / Rice

- quinoa, rice, or barley
- 1 cup brown rice

Condiments / Dressings

- 2 tbsp soy sauce

Dairy / Eggs

- 1 ½ cups ricotta cheese
- ½ cup parmesan cheese
- 1/3 cup cream cheese
- sour cream for serving

Meats / Seafood

- 24 frozen meatballs