

# Shopping List

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## ITEMS

### Produce

- ☐ 3 onions
- ☐ 5 stalks celery
- ☐ 8 cloves garlic
- ☐ 1 head of garlic minced
- ☐ 2 red peppers
- ☐ red onion slices for serving
- ☐ 1 lb (454g) broccoli
- ☐ 1 lb mushrooms + 8 medium mushrooms
- ☐ ¼ cup fresh dill chopped
- ☐ 1 small eggplant
- ☐ 1 medium zucchini

### Bread / Peanut Butter / Jams

- ☐ ciabatta buns for serving

### Canned / Packaged Goods

- ☐ 1 can navy or lima beans (or 1 ½ cups cooked)
- ☐ 1 398 ml can tomato sauce
- ☐ ½ cup chicken stock or ½ tsp Chicken Better Than Bouillon and ½ cup water
- ☐ 1 can 798 ml or 27 oz diced tomatoes

### Pasta / Sauce

- ☐ 12 oz (340g) dry macaroni noodles

### Baking Needs

- ☐ ¼ cup cornstarch
- ☐ ¼ cup + 2 tbsp olive or canola oil

### Spices

- ☐ ½ tsp fennel seeds
- ☐ ¼ tsp chili flakes
- ☐ 2 tsp basil

- ☐ 1 ½ tsp basil or a handful of fresh basil ribboned
- ☐ 2 tsp oregano
- ☐ 1 ½ tsp oregano or a handful of fresh oregano chopped

## Grains / Rice

- ☐ 2 cups rice cooked

## Dairy / Eggs

- ☐ ¼ cup + 1 tbsp butter
- ☐ 1 ½ cups milk
- ☐ 7 eggs
- ☐ 200 g (7 oz) cheddar cheese
- ☐ ½ cup cream cheese
- ☐ ⅓ cup crumbled feta cheese

## Meats / Seafood

- ☐ 1 lb ground turkey, chicken, or beef
- ☐ 1 link italian sausage
- ☐ 2 chicken breasts

## Frozen Foods

- ☐ 150 g frozen chopped spinach