

Shopping List

ITEMS

Produce

- ☐ 3 large onions
- ☐ 10 stalks celery
- ☐ 12 cloves garlic
- ☐ 2 lbs sweet potato
- ☐ 2 medium sized russet potatoes
- ☐ 6 cups chopped kale
- ☐ ¾ cup fresh cilantro
- ☐ salad kit
- ☐ 1 carrot
- ☐ 1 handful fresh basil or 1 tsp dried
- ☐ 1 handful fresh oregano or 1 tsp dried

Canned / Packaged Goods

- ☐ 2 tbsp chicken bouillon paste (I like the Better Than Bouillon brand.)
- ☐ 1 tbsp chicken bouillon
- ☐ 1 cup beef broth
- ☐ 3 cans (798 ml) diced tomatoes
- ☐ 1 can 370 ml evaporated milk
- ☐ 1 (398 ml or 14 oz) can baked beans

Pasta / Sauce

- ☐ 400-460 g (14-16 oz) dry medium shells pasta

Baking Needs

- ☐ 3 tbsp olive oil

Spices

- ☐ 3 tsp oregano
- ☐ 1 tsp cumin
- ☐ ¼ tsp chili flakes
- ☐ 1 tsp fennel seeds
- ☐ 1 tbsp chili powder
- ☐ ½ tsp garlic powder

Grains / Rice

- ☐ quinoa, rice, or pita bread (Greek Meatballs with Easy Tzatziki Sauce)

Deli

- ☐ 2 cups Greek yogurt tzatziki (I always use skotidakis brand. You definitely want it to be nice and thick.)

Dairy / Eggs

- ☐ 140 g (5 oz) shredded cheddar or mozza cheese

Meats / Seafood

- ☐ 3-4 cups cooked chicken or turkey
- ☐ 2 links Italian sausage (12 oz)

Frozen Foods

- ☐ 2-3 cups mixed veggies (mushrooms, spinach, roasted red peppers, sun-dried tomatoes, marinated artichokes)
- ☐ 2 dozen cooked and frozen meatballs