

Shopping List

ITEMS

Produce

- 3 large onions
- 1 ½ lbs sweet potato (about 1 medium - large potato)
- 1 lb butternut squash (½ a medium-sized squash) + 1 butternut squash
- 5 large apples
- 1 bunch fresh sage leaves (15-20 leaves)
- 4 cloves garlic
- 1 head of garlic
- 2 large bell peppers or 3 small ones any colour
- 1 lime
- 1 lb (454g) broccoli

Canned / Packaged Goods

- ½ cup chicken broth
- 4 cups vegetable broth or 4 tsp vegetable bouillon paste and 4 cups water
- 1 can black beans (or 1 ½ cups cooked)

Pasta / Sauce

- 12 oz (340g) dry macaroni noodles

Baking Needs

- ¼ cup + 1 tsp olive oil
- 3 tbsp canola oil
- 3 tbsp maple syrup
- ¼ cup maple syrup - for the balsamic glaze (optional)
- ¼ cup cornstarch

Spices

- 1 tsp cinnamon
- ⅛ tsp ground cloves
- ⅛ tsp nutmeg
- 2 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp cumin

Condiments / Dressings

- ¼ cup balsamic vinegar - for the balsamic glaze (optional)

Dairy / Eggs

- ½ cup butter
- 1 ½ cups milk
- 2 eggs
- 200 g (7 oz) cheddar cheese

Meats / Seafood

- 2 large chicken breasts or 3-4 smaller ones
- 1 lb chorizo sausage