

Shopping List

ITEMS

Produce

- 3 large onions + 2 medium sized onions
- 2 red peppers
- 1 each of red, orange, and yellow peppers
- 4 cups fresh spinach
- 7 carrots
- 12-14 garlic cloves
- 1 head garlic
- 1 ½ lbs sweet potato
- 1 lb mushrooms
- 2 medium zucchinis
- 1 medium eggplant
- large handful of fresh basil leaves sliced into ribbons
- 2 stalks celery
- 2 tbsp fresh cilantro chopped (for serving)

Bread / Peanut Butter / Jams

- 390 g ciabatta bread or rolls

Canned / Packaged Goods

- 1 can (680 ml or 23 oz) tomato sauce
- 2 cans (540 ml or 18 oz each) or 3 cups boiled chickpeas
- 1 tbsp chicken better than bouillon
- 1 tbsp chicken better than bouillon or vegetarian for vegan adaptation
- 2 tbsp vegetable better than bouillon
- 1 lb (454g) + 1 cup dry red lentils
- 1 can (340 ml) coconut milk

Pasta / Sauce

- 15 sheets lasagna noodles
- 1 large jar pasta sauce

Baking Needs

- 3 tbsp olive oil

- ¼ cup + 2 tbsp canola oil
- 1 tbsp brown sugar
- unsweetened flaked coconut

Spices

- 2 tbsp + ½ tsp smoked paprika
- 2 tsp ancho chili powder
- ½ tsp chili powder
- ¼ tsp chili flakes
- 1 tsp oregano
- 2 tsp coriander
- dash of ground cloves
- 1 tbsp garam masala
- 1 tsp cinnamon
- 2 ½ tsp cumin
- 1 tsp ginger
- ¾ tsp black pepper
- 1 ½ tsp curry powder
- 1 tsp turmeric

Snacks / Chips / Candy

- 1 cup raisins
- ½ cup cashews for serving

Dairy / Eggs

- 1 tbsp butter or vegetable oil or coconut oil
- whipping cream 35% mf or canned coconut milk (for vegan adaptation)
- 500 ml (2 cups) cottage cheese
- 2 eggs
- ¼ cup parmesan cheese
- 400 g (14 oz) mozzarella cheese

Meats / Seafood

- 1 lb 450 to 500g ground pork

Frozen Foods

- 150 g frozen chopped spinach

Beverages

- 2 tbsp red wine (optional)