

# Shopping List

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## ITEMS

### Produce

- 1 tbsp lemon juice
- 1 red onion
- 2 onions
- green beans or a side salad
- ½ cup sundried tomatoes packed in oil
- 7 cups fresh spinach
- 6 cups grated zucchini
- 13 cloves garlic
- 2 red peppers
- 2 carrots
- 4 medium sized roma tomatoes
- handful of basil leaves sliced into ribbons

### Bread / Peanut Butter / Jams

- 1 tbsp honey, melted
- 390 g ciabatta bread or rolls

### Canned / Packaged Goods

- 1 can salmon (142g)
- ¼ cup diced dried apricots
- 1 can (680 ml or 23 oz) tomato sauce
- 1 tbsp chicken better than bouillon
- 2 cans (540 ml or 18 oz each) or 3 cups boiled chickpeas

### Pasta / Sauce

- 9-12 sheets oven ready lasagna noodles

### Baking Needs

- ¼ cup panko breadcrumbs
- 1 tbsp sugar
- 1 tsp brown sugar
- 2 ¼ tsp yeast
- 2 ½ cups + 3 tbsp all purpose flour

- ½ cup + 1 tbsp olive oil

## Spices

- ½ tsp sumac
- ¼ tsp turmeric
- 1 tsp basil
- ½ tsp thyme
- 2 tbsp smoked paprika
- 2 tsp ancho chili powder
- ½ tsp chili powder
- 1 tsp ground cumin
- 1 ½ tsp oregano
- 1 tsp coriander
- dash of cinnamon
- dash of ground cloves

## Grains / Rice

- 2 cups cooked brown rice

## Condiments / Dressings

- 1 tbsp whole grain mustard

## Snacks / Chips / Candy

- ½ cup pistachios

## Dairy / Eggs

- 1 ½ cups half and half or 1 can evaporated milk
- 2 cups cottage cheese
- 3 eggs
- ½ cup parmesan
- 2 ½ cups shredded mozzarella
- 300 g (10 oz) mozzarella cheese, shredded

## Meats / Seafood

- 3 cups (413g or 15 oz) cooked and diced chicken
- 1 lb 450 to 500g ground pork

## Beverages

- 2 tbsp red wine (optional)