

Shopping List

ITEMS

Produce

- 1 medium spaghetti squash
- 1 large onion
- 2 red peppers
- 300 g mushrooms
- 14 cloves garlic
- 5-6 cups chopped cauliflower or 750g or 1 ½ lbs
- 2 carrots
- 4 stalks celery
- 2 cups guacamole
- 2 cups shredded lettuce
- 1 tomato diced (about 1 cup)

Canned / Packaged Goods

- 1 cup marinara sauce
- 2 cups chicken broth or 2 cups water and 1 tbsp bouillon paste
- 1.5 cups cooked black beans or 1 can
- 1 (798 ml or 27 oz) can diced tomatoes
- 1 (398 ml or 14 oz) can baked beans

Pasta / Sauce

- 8 oz whole wheat pasta
- 400-460 g (14-16 oz) dry medium shells pasta

Spices

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

Condiments / Dressings

- ⅓ cup Franks Red Hot sauce

- ½ cup salsa

Snacks / Chips / Candy

- toasted pita wedges or tortilla chips for dipping

Dairy / Eggs

- 1 cup + 750 g cottage cheese
- 3 eggs
- 2 tbsp butter
- 1 (8 oz) brick cream cheese
- 1 cup plain yogurt
- ½ cup parmesan cheese grated
- 300 g mozzarella cheese
- 1 cup shredded cheddar cheese
- 140 g (5 oz) shredded cheddar or mozza cheese

Meats / Seafood

- 1 lb lean ground beef
- 2 chicken breasts grilled (or from a rotisserie)

Frozen Foods

- 150 g (½ package) frozen spinach