

Shopping List

ITEMS

Produce

- 19 cloves garlic
- sliced cucumbers
- sliced bell peppers
- 3 cups fresh spinach, packed + spinach for the salad
- 6 cups grated zucchini
- 1 large onion + 2 medium onions
- 3 stalks celery
- 2 large carrots

Canned / Packaged Goods

- 3 cups cooked or 2 cans pinto beans
- 2 340 ml cans evaporated milk
- 1 tbsp vegetable bouillon
- 1 tbsp beef or vegetarian bouillon paste
- 2 cans diced tomatoes (798 ml each)
- 1 can tomato paste (156 ml or 5 oz)
- 2 cans tomato sauce (pureed tomatoes) (398ml or 13.5 oz each)
- 1 can (540 ml) lentils
- ½ cup + 2 tbsp sundried tomatoes packed in oil

Pasta / Sauce

- 9-12 sheets oven ready lasagna noodles
- 1 lb (16 oz or 454g) spaghetti

Baking Needs

- ¼ cup + 2 tbsp olive oil
- 3 tbsp flour

Spices

- 3 tsp oregano
- 4 tsp basil
- ½ tsp thyme
- ¼ tsp smoked paprika

- ¼ tsp chili flakes
- ½ tsp whole or crushed fennel

Condiments / Dressings

- 1 tbsp balsamic vinegar
- 2 tbsp white vinegar

Snacks / Chips / Candy

- pine nuts

Dairy / Eggs

- 2 oz feta cheese
- 2 ½ cups shredded mozzarella
- 1 cup parmesan cheese
- 1 ½ cups half and half or 1 can evaporated milk
- 2 cups cottage cheese
- 2 eggs
- 1 tbsp butter

Meats / Seafood

- grilled chicken (Sundried Tomato and Feta Spinach Salad)
- 3 cups (413g or 15 oz) cooked and diced chicken
- 1 lb ground beef for flexitarian and meatatarian option