

Shopping List

ITEMS

Produce

- ☐ 1.5 lbs baby new potatoes
- ☐ 12 large stalks asparagus
- ☐ 1 onion
- ☐ 1 large red onion + ½ cup chopped red onion
- ☐ 6 large cloves garlic
- ☐ 1 head of garlic minced
- ☐ 1 ½ cups cherry or grape tomatoes cut in half
- ☐ 4 large mushrooms
- ☐ 4 bell peppers any colour + 1 red pepper
- ☐ 1 small eggplant
- ☐ 1 medium zucchini
- ☐ 8 medium mushrooms

Canned / Packaged Goods

- ☐ 2 tsp vegetable bouillon
- ☐ 1 can (156 ml) or ⅓ cup tomato paste
- ☐ 2 cans diced tomatoes (798 ml or 27 oz each)
- ☐ 1 can baked beans (398 ml or 14 oz)

Pasta / Sauce

- ☐ 400-460 g (14-16 oz) dry medium shells pasta

Baking Needs

- ☐ 4 tsp brown sugar
- ☐ ½ cup + 2 tbsp olive oil

Spices

- ☐ 1 tbsp dried rosemary
- ☐ 2 tsp oregano
- ☐ 1 ½ tsp oregano or a handful of fresh oregano chopped
- ☐ ½ tsp basil
- ☐ 1 ½ tsp basil or a handful of fresh basil ribboned
- ☐ ¾ tsp garlic powder

- ☐ ¼ tsp onion powder
- ☐ ⅛ tsp chili flakes
- ☐ 1 tbsp chili powder

Grains / Rice

- ☐ 1 cup quinoa uncooked

Condiments / Dressings

- ☐ ½ cup balsamic vinegar

Dairy / Eggs

- ☐ 2 tbsp parmesan cheese
- ☐ 1 cup mozzarella cheese
- ☐ 140 g (5 oz) shredded cheddar or mozza cheese
- ☐ ⅓ cup crumbled feta cheese
- ☐ 5 eggs

Deli

- ☐ 100 g pepperoni

Meats / Seafood

- ☐ 2 large chicken breasts