

Shopping List

ITEMS

Produce

- 1 tbsp lemon juice
- 1 red onion + ½ red onion
- 2 medium onions
- green beans or a side salad
- 1 large red pepper
- 6-8 cloves of garlic + 3 large cloves of garlic
- 1 large carrot
- celery sticks for serving
- 1 small zucchini
- 1 small handful of fresh basil leaves

Bread / Peanut Butter / Jams

- 1 tbsp honey, melted

Canned / Packaged Goods

- ¼ cup diced dried apricots
- 1 can salmon (142g)
- 2 cans diced tomatoes (796 ml each)
- 2 cans tomato paste (156 ml each)
- 1.5 cups cooked or canned black beans
- 1.5 cups cooked or canned (15 oz) navy beans
- 1 tsp Chicken Better Than Bouillon
- ¾ cup canned lentils

Pasta / Sauce

- 8 oz box spaghetti

Baking Needs

- ¼ cup panko breadcrumbs
- 3 tbsp canola or olive oil
- 1 tbsp sugar

Spices

- ½ tsp sumac
- ¼ tsp turmeric
- 2 tsp garlic powder
- 2 tsp chili powder
- 1 tsp oregano
- ½ tsp chili flakes
- ½ tsp thyme
- ⅛ tsp white pepper

Grains / Rice

- 1 ½ cups quinoa
- 2 cups cooked brown rice

Condiments / Dressings

- 1 tbsp whole grain mustard
- ⅓ cup Franks Red Hot Sauce

Snacks / Chips / Candy

- ½ cup pistachios
- tortilla chips for serving (optional)

Dairy / Eggs

- 1 egg
- 1 cup shredded cheddar cheese (optional)
- shredded mozzarella or blue cheese crumbles for serving
- ½ cup feta or parmesan cheese

Meats / Seafood

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- 1 lb ground chicken or turkey

Frozen Foods

- 1 cup frozen corn