

Shopping List

ITEMS

Produce

- fresh basil leaves
- red onion slices for serving
- 2 large onions + ½ cup chopped
- 2 stalks celery
- 8 cloves garlic
- 1 red pepper

Bread / Peanut Butter / Jams

- ciabatta buns for serving

Canned / Packaged Goods

- 1 tbsp chicken bouillon paste (Better Than Bouillon)
- 1 can sliced mushrooms (284 ml or 10 oz)
- 1 can tuna
- 1 can navy or lima beans (or 1 ½ cups cooked)
- ¾ cup dry lentils
- ½ cup sundried or oven roasted tomatoes, chopped
- 1 can tomato paste (155 ml)

Pasta / Sauce

- 1 cup marinara sauce
- 1 can tomato sauce (398 ml)
- 6 oz egg noodles (3 cups)

Baking Needs

- ¼ cup flour
- 2 tbsp cornstarch
- 2 tbsp canola or olive oil

Spices

- ¾ tsp garlic powder
- ¾ tsp onion powder

- 2 tsp basil
- 2 tsp oregano
- ¾ tsp fennel seeds
- ¼ tsp chili flakes

Grains / Rice

- 1 ¼ cups quinoa, uncooked

International

- ¼ cup panko crumbs or potato chips (optional)

Dairy / Eggs

- 2 eggs
- 85 g (3 oz) mozzarella cheese (or vegan substitute) + shredded mozzarella for serving (optional)
- 8 tsp parmesan cheese (or nutritional yeast for vegan substitute)
- ¾ cup milk
- 1 cup grated cheddar cheese (100 g)
- ½ cup shredded cheddar cheese

Deli

- 1 package extra firm tofu

Meats / Seafood

- 1 lb ground turkey, chicken, or beef
- 1 link italian sausage

Frozen Foods

- 1 cup frozen green peas
- 1 package frozen spinach (300 g)