

Shopping List

ITEMS

Produce

- 1 large onion
- 2 ½ red onions
- 3 red peppers
- 2 small zucchinis
- 14 cloves garlic
- 1 small handful of fresh basil leaves
- 1 tsp grated ginger
- 8 oz mushrooms
- ½ cup sugar snap peas
- 2 tbsp lime juice
- 1 tbsp lemon juice
- green beans or a side salad

Bread / Peanut Butter / Jams

- ½ cup peanut butter
- 1 tbsp honey, melted

Canned / Packaged Goods

- 1 ½ cups kidney beans cooked (or 1 can)
- 1 ½ cups black beans cooked (or 1 can)
- 1 can tomato paste (156 ml or 5 oz)
- 2 cans diced tomatoes (798 ml each)
- ⅔ cup dried lentils
- ¾ cup canned lentils
- 1 can salmon (142g)
- ¼ cup diced dried apricots

Pasta / Sauce

- 8 oz box spaghetti
- 8 oz whole wheat spaghetti

Baking Needs

- ¼ cup + 2 tsp brown sugar

- 1 tbsp sugar
- 1 tbsp sesame oil
- 6 tbsp canola oil
- ¼ cup panko breadcrumbs

Spices

- 2 tbsp cumin
- 1 tbsp oregano
- 2 tbsp chili powder
- ¼ tsp chili flakes
- ¼ tsp cayenne
- ½ tsp sumac
- ¼ tsp turmeric

Grains / Rice

- 2 cups cooked brown rice

Condiments / Dressings

- 2 tbsp vinegar
- 1 tsp liquid smoke
- 3 tbsp soy sauce
- 1 tbsp whole grain mustard

International

- 2 chipotle peppers

Snacks / Chips / Candy

- ½ cup pistachios

Dairy / Eggs

- ½ cup feta or parmesan cheese
- 1 egg

Meats / Seafood

- ¾ - 1 lb lean ground beef
- 2 boneless skinless chicken breasts

Frozen Foods

1 cup frozen corn