

Shopping List

ITEMS

Produce

- salad kit
- 3 large onions
- 1 tbsp grated fresh ginger
- 14 cloves garlic
- 5-6 cups chopped cauliflower or 750g or 1 ½ lbs
- 3 large carrots
- 4 stalks celery

Canned / Packaged Goods

- 1 cup beef broth
- 2 cups chicken broth or 2 cups water and 1 tbsp bouillon paste
- 1 tbsp vegetarian bouillon paste
- 1 cup whole brown lentils
- ¾ cup dry lentils
- 1 can sliced water chestnuts
- 1 can coconut milk
- ½ cup sundried or oven roasted tomatoes, chopped
- 1 can tomato paste (155 ml)

Pasta / Sauce

- 8 oz whole wheat pasta

Baking Needs

- 3 tbsp olive oil
- 1 tbsp canola oil
- 1 tsp brown sugar

Spices

- 1 tsp basil
- 1 tsp oregano
- ¼ tsp fennel seeds

Grains / Rice

- quinoa, rice, or pita bread (Greek Meatballs with Easy Tzatziki Sauce)
- ¾ cup quinoa

Condiments / Dressings

- ⅓ cup Franks Red Hot sauce

International

- 1 tbsp green curry paste

Dairy / Eggs

- shredded mozzarella for serving
- 2 tbsp butter
- 1 brick cream cheese (8 oz)

Deli

- 2 cups Greek yogurt tzatziki (I always use Skotidakis brand. You definitely want it to be nice and thick.)

Meats / Seafood

- 2 chicken breasts grilled (or from a rotisserie)

Frozen Foods

- 1 cup frozen green peas
- 1 cup frozen corn
- ½ package frozen spinach (150 g)
- 2-3 cups mixed veggies (mushrooms, spinach, roasted red peppers, sun-dried tomatoes, marinated artichokes)
- 2 dozen cooked and frozen meatballs