

Shopping List

ITEMS

Produce

- 2 large onions
- 1 cup sliced red onion + ⅓ cup chopped red onion
- 1 large red pepper
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 cup quartered cherry tomatoes
- 8 cloves garlic
- 1 head romaine
- 2 oranges
- 1 cup sugar snap peas
- 1 cup broccoli pieces
- 2 celery stalks
- 1 carrot
- 4 cups chopped kale
- 1 handful fresh basil or 1 tsp dried + fresh basil ribboned for serving
- 1 handful fresh oregano or 1 tsp dried
- 2 medium sized russet potatoes

Canned / Packaged Goods

- 1 can tomato paste (156 ml)
- 2 cans diced tomatoes (798 ml each)
- 1 ½ cups cooked or canned black beans
- 1 tbsp chicken bouillon
- 1 can evaporated milk (370 ml)

Pasta / Sauce

- ½ cup prepared pesto
- 1 package (500g or 17.5 oz) gnocchi

Baking Needs

- ½ cup sesame oil
- 1 tbsp oil

Spices

- 2 tsp garlic powder
- 2 tsp chili powder
- 1 tsp oregano
- ½ tsp chili flakes
- 1 tsp fennel seeds

Grains / Rice

- ½ cup quinoa + 2 cups cooked quinoa

Condiments / Dressings

- ⅓ cup vinegar
- 2 tsp soy sauce

Snacks / Chips / Candy

- tortilla chips for serving (optional)
- ½ cup dried cranberries
- ¾ cup whole almonds

Dairy / Eggs

- 1 cup shredded cheddar cheese (optional)
- parmesan cheese for serving

Meats / Seafood

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- 3 chicken breasts (cooked and sliced)
- 2 links Italian sausage (12 oz)

Frozen Foods

- 1 cup frozen corn
- ½ cup frozen orange juice concentrate