

# Shopping List

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## ITEMS

### Produce

- 4 ½ tsp lemon juice
- 20-22 cloves garlic
- 1 ½ cups fresh spinach ribboned
- 1 cup fresh or frozen pineapple chunks
- 3 cups chopped broccoli
- 3 cups sliced mushrooms
- 1 ½ cups sliced green onions
- 3 cups shredded carrots (about 3 carrots)
- 1 red pepper + 3 cups roughly chopped bell peppers
- 3 cups snap peas
- 1 large onion
- 1 large red onion + red onion slices for serving
- 2 stalks celery
- 1 lb potatoes
- ½ head cauliflower
- ¾ cup California prunes
- 1 tbsp + 1 tsp freshly grated ginger (NOT powdered ginger!)

### Bread / Peanut Butter / Jams

- 4 tbsp honey
- ciabatta buns for serving

### Canned / Packaged Goods

- 1 cup marinated artichokes diced
- 1 can navy or lima beans (or 1 ½ cups cooked)

### Pasta / Sauce

- 6 packages (210g each) of NuPasta spaghetti (or sub in 10 oz spaghetti noodles - dry weight - boiled and drained)
- 1 can tomato sauce (398 ml)

### Baking Needs

- 2 tbsp sesame oil

- 2 tbsp canola oil
- 2 tbsp corn starch

## Beverages

- ¼ cup white wine (optional, but highly recommended)

## Spices

- ½ tsp onion powder
- sesame seeds for topping
- 2 tsp oregano
- 1 tsp basil
- ½ tsp fennel seeds
- ¼ tsp chili flakes
- ¼ tsp ground cloves
- ¼ tsp cinnamon
- dash of cayenne

## Grains / Rice

- 1 ¼ cups dry quinoa

## Condiments / Dressings

- ¼ cup + 1 tbsp soy sauce (ensure gluten free if making for someone with Celiac)

## International

- ¼ cup mirin

## Snacks / Chips / Candy

- ½ cup walnut pieces

## Dairy / Eggs

- 1 cup feta cheese
- ½ cup milk
- 1 egg

## Meats / Seafood

- 1 ½ cups navy beans or 1 can OR 1 ½ cups cooked and diced chicken breasts
- 1 ½ lbs raw chicken breasts
- 1 lb ground turkey, chicken, or beef

- 1 link italian sausage
- 1 lb pork loin tenderloin, cut into 4 steaks

## Frozen Foods

- 150 g frozen chopped spinach