

# Shopping List

---

## ITEMS

### Produce

- 3 cups cherry tomatoes
- 1 medium sized red onion
- 1 large onion
- 3 stalks celery
- 3 large carrots
- 18 cloves garlic
- 4 potatoes
- 1 head of cabbage chopped into fine strips
- 1 bunch of fresh dill
- 8 cups field greens
- 1 small beet
- 5-6 small-medium beets roasted \*see note in recipe

### Canned / Packaged Goods

- 1 can tuna
- ½ cup Beef Better Than Bouillon or other bouillon
- 1 can diced tomatoes (798 ml)
- 2 cups cooked navy beans or 1-2 cans

### Pasta / Sauce

- 10 oz farfalle “bow ties” (4-5 cups)
- 1 can tomato sauce

### Baking Needs

- ⅔ cup canola oil
- 2 tbsp sugar

### Spices

- 1 tsp basil
- 1 tsp oregano
- 1 tsp fennel seeds
- 12 whole black peppercorns
- 2 bay leaves

## Grains / Rice

- 3 cups cooked brown rice
- 1 cup quinoa uncooked (or 2 cups cooked)

## Condiments / Dressings

- 1 cup salsa
- ⅓ cup dill pickle brine or vinegar
- ¼ cup balsamic vinegar
- ¼ cup + 1 ½ tsp syrup

## Snacks / Chips / Candy

- 1 cup walnuts, almonds, or pecans

## Dairy / Eggs

- 1 ½ cups shredded cheddar cheese
- 1 cup ricotta cheese
- ¾ cup cream cheese (5 oz)
- 1 ½ tsp butter or oil (coconut, olive, or canola)
- ½ cup crumbled feta

## Meats / Seafood

- 3 chicken breasts with bone and skin OR boneless/skinless

## Frozen Foods

- 1 ½ cups frozen corn