

# Shopping List

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## ITEMS

### Produce

- 1 tbsp lemon juice
- 1 red onion + ½ cup chopped red onion
- green beans or a side salad
- 2 cloves garlic
- 1 head romaine
- 3 oranges
- 1 cup sugar snap peas
- 1 cup broccoli pieces

### Bread / Peanut Butter / Jams

- 1 tbsp honey, melted

### Canned / Packaged Goods

- 1 can salmon (142g)
- ¼ cup diced dried apricots
- 1 can diced tomatoes (798 ml or 27 oz)
- 1 can baked beans (398 ml or 14 oz)

### Pasta / Sauce

- 400-460 g (14-16 oz) dry medium shells pasta

### Baking Needs

- 1 tbsp canola or olive oil
- ½ cup sesame oil
- 4 tbsp sugar
- 2 cups flour
- 1 tbsp baking powder

### Snacks / Chips / Candy

- ½ cup pistachios
- ½ cup dried cranberries
- ¾ cup whole almonds

### Spices

- ½ tsp sumac
- ¼ tsp turmeric
- 1 tbsp chili powder
- 1 tsp oregano
- ½ tsp garlic powder
- 2 tbsp poppy seeds

### Grains / Rice

- 2 cups cooked brown rice
- 2 cups cooked quinoa

### Condiments / Dressings

- 1 tbsp whole grain mustard
- ⅓ cup vinegar
- 2 tsp soy sauce

### International

- ¼ cup panko breadcrumbs

### Dairy / Eggs

- 140 g (5 oz) shredded cheddar or mozza cheese
- 5 eggs
- 2 cups ricotta

### Meats / Seafood

- 3 chicken breasts cooked and sliced

### Frozen Foods

- ½ cup frozen orange juice concentrate