

Shopping List

Produce

- 3 onions + ½ cup chopped onion
- 11 stalks celery
- 9 cloves garlic
- 2 lbs sweet potato
- 2 cups chopped kale
- ¾ cup fresh cilantro
- 1 lb mushrooms
- 1 red pepper
- ¼ cup fresh dill chopped

Canned / Packaged Goods

- 1 can diced tomatoes (798 ml or 28 oz)
- 3 tbsp chicken bouillon paste
- 1 can sliced mushrooms (284 ml or 10 oz)
- 1 can tuna
- ½ cup chicken stock or ½ tsp Chicken Better Than Bouillon and ½ cup water
- 1 tbsp Chicken Better Than Bouillon or vegetarian
- 1 ½ cups black beans or 1 can
- ¼ cup evaporated milk or fresh

Pasta / Sauce

- 6 oz egg noodles (3 cups)

Baking Needs

- 2 tbsp cornstarch
- 3 tbsp canola oil

Spices

- 5 tsp oregano
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp basil
- 1 ½ tsp cumin

Grains / Rice

- 5 cups cooked rice

Condiments / Dressings

- 1 ½ cups salsa

International

- ¼ cup panko crumbs or potato chips (optional)
- ½ chipotle pepper in adobo sauce

Dairy / Eggs

- ¾ cup milk
- 100 g grated cheddar cheese (1 cup)
- ½ cup shredded cheddar cheese
- 1 egg
- 1 tbsp butter

- 1 cup cream cheese

Meats / Seafood

- 3-4 cups cooked chicken or turkey
- 2 chicken breasts

Frozen Foods

- 1 cup frozen corn
- 1 cup frozen green peas