

Shopping List

Produce

- ½ cup chopped red onion + ½ red onion + sliced red onion
- 1 small zucchini
- 1 small handful fresh basil leaves
- fresh spinach
- sliced mango
- ½ cucumber + sliced cucumbers
- 2 carrots
- 3 stalks celery
- 3 large radishes
- 1 bunch of parsley
- ⅓ cup lemon juice
- 7 large cloves garlic

Canned / Packaged Goods

- ¾ cup canned lentils
- 1 can diced tomatoes (796 ml)

- 1 can tuna

Pasta / Sauce

- 8 oz box of spaghetti

Baking Needs

- 2 tbsp canola or olive oil
- 1 cup canola oil
- dried young coconut (flaked coconut would also work)
- 1 ½ tsp sugar

Spices

- ¼ tsp chili flakes
- ¼ tsp chili powder
- ¼ tsp cumin

Grains / Rice

- cooked quinoa
- 2 cups uncooked pot barley
- 3 cups cooked brown rice

Condiments / Dressings

- 3 tbsp vinegar
- 1 cup salsa

Dairy / Eggs

- ½ cup feta + ½ cup feta or parmesan cheese
- 1 ½ cups shredded cheddar cheese

Meats / Seafood

- grilled and sliced chicken breast (rotisserie chicken would work well, too!)

Frozen Foods

- 1 ½ cups frozen corn

Beverages

- ½ cup orange juice