

Shopping List

Produce

- 1 cup sliced zucchini + 1 medium zucchini
- 1 cup diced eggplant + 1 small eggplant
- 2 cups quartered cherry tomatoes
- fresh basil ribboned for serving
- 1 handful fresh oregano (or 2 tbsp dried)
- ½ cup lemon juice
- 4 red peppers
- 1 cucumber
- 2 cups chopped broccoli
- 8 medium mushrooms
- 1 small red onion + 1 cup sliced red onion
- 2 large onions
- 1 head of garlic minced
- 9 cloves garlic

Canned / Packaged Goods

- 1 ½ cups kidney beans cooked (or 1 can)
- 1 ½ cups black beans cooked (or 1 can)
- 1 can tomato paste (156 ml)
- 2 cans diced tomatoes (798 ml each)
- ⅔ cup dried lentils

Pasta / Sauce

- ½ cup prepared pesto
- 1 package gnocchi (500g or 17.5 oz)

Baking Needs

- 1 cup olive oil
- 2 tsp sugar
- ¼ cup brown sugar

Spices

- ½ tsp dried thyme
- ½ tsp dried basil
- 1 ½ tsp basil or a handful of fresh basil ribboned

- 1 tbsp oregano
- 1 ½ tsp oregano or a handful of fresh oregano chopped
- 2 tbsp chili powder
- 2 tbsp cumin

Grains / Rice

- 1 ½ cups dried quinoa

Condiments / Dressings

- 7 tbsp vinegar
- 2 tbsp red wine vinegar
- 1 tsp liquid smoke

International

- 2 chipotle peppers

Dairy / Eggs

- parmesan cheese for serving
- 5 eggs
- 1 ½ cups crumbled feta cheese

Meats / Seafood

- 2 chicken breasts
- ¾ - 1 lb lean ground beef

Frozen Foods

- 1 cup frozen corn