

# Shopping List

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## Produce

- 8 cups field greens
- 5-6 small-medium beets
- 1 large carrot
- julienned apple slices
- ½ red onion + ⅓ cup chopped red onion
- green onions
- cilantro
- 1 small zucchini
- 5 large cloves of garlic
- 1 small handful of fresh basil leaves
- 4 large mushrooms
- 4 bell peppers any colour

## Canned / Packaged Goods

- ¾ cup canned lentils
- 1 can diced tomatoes (796 ml)
- 1 can (156 ml) or ⅓ cup tomato paste
- 2 tsp vegetable bouillon

## Pasta / Sauce

- 8 oz box of spaghetti

## Baking Needs

- ¾ cup canola oil + ½ cup olive or canola oil
- 2 tbsp sugar

## Spices

- ½ tsp chili flakes
- 1 tsp oregano
- ½ tsp basil
- ¼ tsp garlic powder
- ¼ tsp onion powder

## Grains / Rice

- 2 cups quinoa uncooked

## Condiments / Dressings

- ¼ cup + 3 tbsp vinegar
- ¼ cup balsamic vinegar
- ¼ cup + 1 ½ tsp syrup
- 3 tbsp soy sauce

## International

- rice paper wrappers
- vermicelli noodles

## Snacks / Chips / Candy

- 1 cup walnuts, almonds, or pecans
- ¾ cup walnut halves
- sunflower seeds

## Dairy / Eggs

- 1 ½ tsp butter or oil (coconut, olive, or canola)
- ½ cup crumbled feta
- ½ cup feta or parmesan cheese
- 2 tbsp parmesan cheese
- 1 cup mozzarella cheese

## Deli

- 100 g pepperoni

## Other

- ⅓ cup nutritional yeast
- 2 tbsp tahini or sesame seeds