

Grocery List

PRODUCE

- 2 onions
 - 4 carrots
 - 1 bunch of celery
 - 6 garlic cloves
 - 1 sweet potato
 - 1 cup green beans
 - 3 cups spinach
 - 7 cups kale
 - 1 bunch fresh basil
 - 1 butternut squash
 - 1 head of cauliflower
 - 1 head of broccoli
 - 2 green onions
 - 1 red onion
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MEAT/POULTRY/DAIRY

- 12 large eggs
 - 1½ cups cheddar cheese
 - 3 links (about 300 g) Italian sausage
 - 2 lb stewing beef
 - 4 slices bacon
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FROZEN GOODS

- 1 package frozen peas
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SPICES

- ¾ tsp salt
- 2¼ tsp pepper
- 1 tbsp cinnamon

Grocery List

DRY GOODS

- 1 354 mL can evaporated milk
- 1 can pure pumpkin purée
- 2½ tbsp fancy molasses
- 1 tbsp honey
- 1 tsp vanilla
- 5 tbsp canola oil
- ¼ cup olive oil
- 2½ cups + 1 tbsp unbleached all-purpose flour
- 3 cups whole wheat flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 cup dry breadcrumbs
- 1 398mL can kidney beans
- 1 398 mL can no-salt-added diced tomatoes
- 5 cups no-salt-added vegetable broth
- ⅓ cup orzo pasta
- 1 tbsp active dry yeast
- ¾ cup large flake oats
- ⅓ cup wheat germ
- ¼ cup cornmeal
- 2 tbsp quinoa
- 2 tbsp millet
- 2 tbsp sesame seeds
- 3 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- 2 tbsp chia seeds
- 2 tbsp brown sugar
- 1 loaf whole wheat bread
- 1 tbsp balsamic vinegar
- 2 cups beef broth