

Grocery List

PRODUCE

- 2 ½ cups onion
 - 8 cloves of garlic
 - 2 medium carrots
 - 1 medium zucchini
 - 1 large head of broccoli
 - 3 cups cherry tomatoes
 - 1 large green pepper
 - 1 large red pepper
 - 1 red onion
 - 2 small sweet potatoes
 - 2 cups arugula
 - 4 cups Swiss chard
 - 4 cups spinach
 - 1 lemon
 - 1 lime
 - 3 sprigs fresh thyme
 - ¾ cup fresh basil
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MEAT/POULTRY/DAIRY

- 1 350g Ukrainian garlic sausage
 - 1 large egg
 - 300g large raw shrimp
 - 450g sirloin steak
 - 1 125g package of prosciutto slices
 - 4 boneless skinless chicken breasts
 - 1 tbsp salted butter
 - ½ cup plain Greek yogurt
 - 1 large egg
 - ¼ cup parmesan cheese
 - 1 cup bocconcini pearls
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DRY GOODS

- 6 tbsp canola oil
- 1 540mL can white kidney beans
- 1/3 cup orzo pasta
- 12 cups chicken or vegetable broth
- ½ cup whole wheat flour
- 2 cups Panko breadcrumbs
- 1 340g package spaghetti noodles
- 4 8-inch whole wheat flour tortillas
- 2 10-inch whole wheat flatbreads
- 4 tsp balsamic glaze

Grocery List

SPICES

- 2 tsp salt
- 2 ¼ tsp pepper
- ½ tsp red pepper flakes
- ¾ tsp garlic powder
- ½ tsp paprika
- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp onion powder
- ¼ tsp cayenne pepper
- ¼ tsp smoked paprika
- ½ tsp dried oregano