

Grocery List

PRODUCE

- 2 cups carrots (3-4 medium carrots)
 - 1 apple
 - ¼ cup shallots (1 medium shallot)
 - 6 cups baby spinach
 - 1 cup grape tomatoes
 - 1 cup cucumber
 - 1 sprig fresh thyme
 - ¾ cup fresh basil
 - 2 tbsp fresh mint
 - 1 clove garlic
 - 1 cup arugula
 - 1 lemon
 - ½ cup cauliflower
 - 1 red bell pepper
 - 1 tbsp green onions
 - 1 orange
 - 1/2 cup raspberries
 - 1/2 cup blackberries
-

MEAT/POULTRY/DAIRY

- 6 large eggs
 - 4 slices prosciutto
 - 200g bocconcini cheese (1 cup)
 - 1 small block Parmesan cheese (¼ cup)
 - 2 tbsp plain Greek yogurt
 - ⅓ cup milk (2%)
 - ⅓ cup half and half
-

DRY GOODS

- 1 cup + 2 tbsp whole wheat flour
- 4 ⅓ cups all-purpose flour
- ⅓ cup wheat germ
- 2 tsp baking soda
- ¾ cup brown sugar
- 5 tbsp granulated sugar
- ½ cup + 1 tbsp canola oil
- ½ cup olive oil
- ¼ cup pineapple juice
- ⅓ cup pecans
- ½ cup raisins (or dried cranberries)
- 1½ cups wheat berries
- 2 tbsp white wine vinegar
- 2 tsp maple syrup
- 2 tsp Dijon mustard
- 1 pkg (8 g) instant yeast (quick-rise)
- 1 can (341 mL) kernel corn
- 1 can (170 g) crab meat
- 3 tbsp plain dry breadcrumbs

Grocery List

SPICES

- 2 ¾ tsp salt
 - 1 tsp black pepper
 - 2 tsp cinnamon
 - ½ tsp ground ginger
 - 1 bay leaf
 - 3 tsp vanilla
-

OTHER

- Muffin liners/papers
- Plastic wrap