

SHOPPING LIST: WEEKLY MEAL # 2

PRODUCE

- 4 Onions
- 3 Garlic bulbs
- 2 Zucchini
- 5 tomatoes
- 3 broccoli crowns
- 5 lemons
- 50 g ginger
- 1 head iceberg lettuce
- 1 pkg (20 g) fresh thyme
- 3 bunches green onion
- 1 bunch cilantro
- 1 bunch parsley
- 2 lbs carrots
- 2 celery sticks
- 1 English cucumber
- 1 green bell pepper
- 1 red bell pepper
- 2 bags (907g) yellow baby potatoes

PROTEINS & DAIRY

- 3 eggs
- 1 cup milk (2%)
- 1 bag (300 g) shredded feta cheese
- small wedge or bag parmesan
- 1 pkg (250 ml) light sour cream
- 454 g salted butter
- 1 pkg (500 g) cottage cheese
- 1 pkg (275 g) mascarpone
- 4 lbs (2 kg) boneless skinless chicken breasts
- 4 lbs (2 kg) pork back ribs
- 2 lbs (1 kg) lean ground beef
- 8 oz (250g) cod fillet
- Anchovy paste *

PANTRY

- 3 can (14 oz/398 mL) tomato sauce
- 1 can (10 oz/284 ml) chicken broth
- 1 can (10 oz/284 ml) cheddar cheese soup
- 1 can (8 oz/227g) sliced water chestnuts
- 1 cup orzo
- 3 cups long grain rice
- 1 cup couscous
- 1 box (375g) whole wheat lasagna
- 1 jar (100 ml) capers
- ¾ cup lemon juice
- ¼ cup hoisin sauce
- 2 tbsp soy sauce
- Dash hot pepper sauce
- ¼ cup maple syrup
- 1 ½ tsp Worcestershire sauce
- ½ tsp Dijon mustard
- 1 loaf French bread
- ½ cup panko bread crumbs
- 1 jar (250 ml) pitted kalamata olives
- 1/3 cup sliced almonds
- 1/3 raspberry jam

HERBS & SPICES

- Oregano leaves
- Cinnamon
- Red pepper flakes
- Garlic powder
- Sage leaves
- Thyme leaves
- Basil leaves
- Cayenne pepper
- Marjoram leaves

FROZEN FOODS

- 1 pkg (300g) chopped frozen spinach
- 1 pkg (1 lbs/500g) frozen whole green beans

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BAKING

- 1 tsp vanilla extract
- ½ cup icing sugar
- 1 ½ cups granulated sugar
- 2 cups all-purpose flour
- 1 ¼ tsp baking powder

OILS & VINEGARS

- ¼ cup canola oil
- 2 ½ cups extra-virgin olive oil
- 3 tbsp red wine vinegar
- 2 tsp sesame oil

* optional ingredients, either toppings or garnishes used throughout the week