

# SHOPPING LIST: WEEKLY MEAL # 4

## PRODUCE

- 2 shallots
- 3 red onions
- 2 onions
- 2 bunches green onion
- 1 bunch fresh parsley
- 13 cloves of garlic
- 1 pkg(100g) sliced mushrooms
- 1 pkg (84 g) fresh basil
- 1 pkg (20g) fresh mint
- 1 pkg (20g) fresh thyme leaves
- 3 English cucumbers
- 3 medium zucchinis
- 4 small yams
- 1 acorn squash
- 2 red bell peppers
- 1 bunch cilantro
- 1 bunch fresh spinach
- 1 bag (510 g) Romain lettuce hearts
- 2 medium carrots
- 1 cup lemon juice
- 2 limes

## PROTEINS & DAIRY

- 1/2 tsp anchovy paste\*
- 2 1/4 cups fresh grated Parmesan
- 1 cup (250g) goat cheese
- 1 1/2 cups whipping cream (35%)
- 1 cup light cream (10%)
- 1 cup buttermilk (3.25%)
- 15 large eggs
- 1/4 cup plain Greek yogurt
- 1 (250g) brick cream cheese
- 3/4 cup salted butter
- 2/3 cup shredded cheddar cheese
- 1 pkg (500 g) ricotta cheese
- 1 cup shredded provolone cheese
- 1 cup freshly grated Ramono cheese

## FROZEN

- 1 1/2 cups frozen green peas
- 1 pkg (10oz/300g) frozen spinach

## BAKING

- 1/3 cup granulated sugar
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 4 tsp vanilla
- 3 tbsp pine nuts, walnuts or almonds
- 1/4 cup raisins
- 1 cup cocoa powder
- 1 cup dark chocolate chips

## OILS & VINEGARS

- 1/3 cup canola oil
- 1 1/4 cups cup olive oil
- 2 tbsp rice vinegar

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### HERBS & SPICES

- 6 tsp salt
- 1 1/4 tsp freshly ground pepper
- 1/2 tsp dry mustard
- 5 tsp chili powder
- 1/4 tsp dried dill weed
- 1/4 tsp ground allspice
- 1/4 tsp cayenne pepper
- 1/2 tsp garlic powder
- 1/2 tsp dried sage leaves
- 3/4 tsp dried oregano leaves
- 1 tsp paprika
- 1/2 tsp onion powder
- 1 1/4 tsp ground ginger
- 1/2 tsp nutmeg
- 2 1/4 tsp ground cumin
- 3/4 tsp coriander
- 1/4 tsp cinnamon
- 1/4 tsp dried thyme leaves
- 1/2 tsp cayenne pepper

### PANTRY

- 3/4 cup liquid honey
- 2 tbsp mayonnaise
- 1 jar (170mL) marinated artichoke hearts
- 2 cans (14 oz/398 mL) diced tomatoes
- 1 can (14 oz/398 mL) kidney beans
- 2 cans (14 oz/398 mL) black beans
- 1/2 cup fine dry bread crumbs
- 1 can (7 1/2 oz/213 mL) tomato sauce with herbs
- 1 can (14 oz/398 mL) coconut milk
- 1 can (14 oz/398 mL) pure pumpkin
- 3 cans (14 oz/398 mL) chickpeas
- 1 tbsp capers
- 6 1/2 cups Penne or Farfalle pasta
- 1 pkg (250g) oven-ready cannelloni tubes
- 1 1/4 tbsp Dijon mustard
- 1 cup vegetable broth
- 4 hamburger buns
- 4 whole wheat flour tortillas (8 inch)
- 1 loaf French bread
- 2 cups white rice
- 3 tbsp pine nuts, walnuts or almonds
- 1/4 cup white wine
- 1 jar red curry paste

\*Ingredients are optional