

SHOPPING LIST: WEEKLY MEAL #5

PRODUCE

- 1 large sweet onion
- 4 medium onions
- 9 cloves garlic
- 7 Roma tomatoes
- 3 medium potatoes
- 6 bell peppers (different colours)
- 1 bunch fresh parsley
- 11 carrots
- 4 stalks celery
- 1 fennel bulb
- 2 cups fresh mushrooms
- 2 sprigs fresh thyme
- 1 jalapeno pepper
- 1 bunch green onion
- 3 lemons
- 1 cup commercial tzatziki sauce
- 2 English cucumbers
- 1 head Romaine lettuce
- 1 lb (500g) broccolini or broccoli

PROTEINS & DAIRY

- 8 boneless skinless chicken breasts
- 2 lb (1 kg) hot Italian sausages
- 1/2 cup milk
- 1/4 cup salted butter
- 3 cups light sour cream
- 1 1/2 cups shredded mozzarella
- 1 cup freshly grated Parmesan cheese
- 1 lb (0.5 kg) cod fillets
- 1/2 lb (0.75 kg) boneless pork shoulder roast
- 1 1/3 cups feta cheese
- 1 lb lean ground beef
- 3 cups shredded Tex-Mex cheese
- 1 cup creamed cottage cheese
- 1 lb (0.5 kg) chicken breast fillets

PANTRY

- 1 1/4 cups fine breadcrumbs
- 7 1/4 cups chicken broth
- 1 1/2 cups kalamata olives
- 1 can (28 Oz/796 mL) diced tomatoes
- 1 can (19 Oz/540 mL) diced tomatoes
- 1 can (10 oz/540 mL) white kidney beans
- 1 can (14 oz/398 mL) kidney beans
- 1/2 cup small shell pasta
- 2 3/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 2 tbsp Dijon mustard
- 2 cups broad noodles
- 1/4 cup maple syrup
- 1 can (213 mL) pizza sauce
- 2 1/2 cups medium salsa
- 1 1/2 lb broccolini or broccoli
- 2 tbsp liquid honey
- 10 bamboo skewers

HERBS & SPICES

- 2 tsp basil, crumbled
- 3 3/4 tsp oregano, crumbled
- 1/2 tsp paprika
- 3 1/4 tsp salt
- 1 tsp cumin
- 1/4 tsp garlic powder
- 3/4 tsp baking soda
- 1/4 tsp sage, crumbled
- 1/2 tsp cayenne pepper
- 2 tsp freshly ground pepper
- 1 tsp Italian seasoning
- 1 1/8 tsp dried dill
- 1/8 tsp red pepper flakes
- 1 pkg (35 g) taco seasoning mix
- 1 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1 tsp vanilla

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- 1 cup granulated sugar
- 1 can diced green chilies
- 9 oven-ready lasagna noodles
- 1 1/2 cup light mayonnaise
- 1/2 tsp anchovy paste
- croutons
- 1/3 cup unsweetened cocoa powder
- icing sugar

BAKING

- 12-14 inch pizza crust
- 10 pita bread

OILS & VINEGARS

- 1 1/4 cups olive oil
- 3/4 cup oil
- 3 tbsp red wine vinegar
- 1 tbsp pure white vinegar