

<p><b>Produce</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 sweet potatoes</li> <li><input type="checkbox"/> 8 oz Brussels sprouts</li> <li><input type="checkbox"/> 1 small butternut squash</li> <li><input type="checkbox"/> 16 oz carrots</li> <li><input type="checkbox"/> 8 oz fingerling potatoes</li> <li><input type="checkbox"/> 1 cup medium potato</li> <li><input type="checkbox"/> Lemon (2)</li> <li><input type="checkbox"/> Large eggplant (1-1.5 pounds)</li> <li><input type="checkbox"/> 3 yellow onions</li> <li><input type="checkbox"/> 2 Red onion</li> <li><input type="checkbox"/> Fresh Ginger</li> <li><input type="checkbox"/> Green onions</li> <li><input type="checkbox"/> Garlic</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 large red bell peppers</li> <li><input type="checkbox"/> 1 green bell pepper</li> <li><input type="checkbox"/> 7 whole tomatoes</li> <li><input type="checkbox"/> 1 large cucumber</li> <li><input type="checkbox"/> Romaine lettuce</li> <li><input type="checkbox"/> Napa Cabbage</li> <li><input type="checkbox"/> Fresh basil</li> <li><input type="checkbox"/> Fresh Italian parsley</li> <li><input type="checkbox"/> Fresh cilantro</li> <li><input type="checkbox"/> Other fruits and veggies of choice for snacks and salad toppings such as: Apples, bananas, berries, oranges, pears, etc.</li> </ul>
<p><b>Cold/Freezer</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Frozen corn (2 cups)</li> <li><input type="checkbox"/> Frozen edamame (1 cup)</li> <li><input type="checkbox"/> 1 pack organic black soybean tofu plus (and firm or extra firm tofu will do!)</li> </ul>	
<p><b>Canned/Dry Goods</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 15 oz cans black beans</li> <li><input type="checkbox"/> 15 oz can chickpeas</li> <li><input type="checkbox"/> 32 oz low-sodium veggie broth</li> <li><input type="checkbox"/> 15 oz can coconut milk</li> <li><input type="checkbox"/> Tomato paste</li> <li><input type="checkbox"/> 4 oz roasted red peppers</li> <li><input type="checkbox"/> 4 oz chopped green olives</li> <li><input type="checkbox"/> Kalamata Olives</li> <li><input type="checkbox"/> Capers (2 TBS)</li> <li><input type="checkbox"/> Whole grain pita bread</li> </ul>	
<p><b>Pantry (if you don't already have stocked at home)</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Golden raisins</li> <li><input type="checkbox"/> Couscous (whole wheat)</li> <li><input type="checkbox"/> Brown Rice</li> <li><input type="checkbox"/> Cashews</li> <li><input type="checkbox"/> Sliced almonds</li> <li><input type="checkbox"/> Pine nuts (3 TBS)</li> <li><input type="checkbox"/> ½ cup cornstarch</li> <li><input type="checkbox"/> Chili powder</li> <li><input type="checkbox"/> Paprika</li> <li><input type="checkbox"/> Red pepper flakes</li> <li><input type="checkbox"/> Garlic Powder</li> <li><input type="checkbox"/> Sesame Seeds</li> <li><input type="checkbox"/> Cumin</li> <li><input type="checkbox"/> Tumeric</li> <li><input type="checkbox"/> Cinnamon</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Dijon mustard</li> <li><input type="checkbox"/> Soy sauce</li> <li><input type="checkbox"/> Sesame Oil</li> <li><input type="checkbox"/> Olive Oil</li> <li><input type="checkbox"/> Balsamic vinegar</li> <li><input type="checkbox"/> Red wine vinegar</li> <li><input type="checkbox"/> Rice wine vinegar</li> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> Pepper</li> </ul> <p>Other breakfast or snack items?</p>