

PANTRY STAPLES:

- ALL-PURPOSE FLOUR
- WHOLE WHEAT FLOUR
- CORN MEAL
- OATS
- RICE
- BLACK BEANS
- ONIONS
- POTATOES
- GARLIC
- EGGS - AT LEAST A DOZEN
- FLAX SEEDS
- PAPRIKA
- CUMIN
- CRUSHED CHILI PEPPERS
- ITALIAN SEASONING
- HONEY
- TOMATO PASTE
- MAPLE SYRUP - THIS IS CANADA!

TO BUY:

- MUSHROOMS
- GREENS - YOUR CHOICE, BUT PLENTY
- EGGPLANT
- PEPPERS
- ANY SEASONAL FRUITS!
- CILANTRO
- MOZZARELLA
- PARMESAN
- BEETS (GET ONES WITH GREENS TO ROUND OUT YOUR GREENS OPTIONS)
- GRAPE/CHERRY TOMATOES
TOMATOES