

# SHOPPING List

sweetpeasandsaffron.com



## PRODUCE

- 1 butternut squash (6 cups cubed) (1)
- 6 cloves garlic (3)
- 1 bell pepper (4)
- 1 medium sweet potato (4)
- 1 onion (4)
- 2 white potatoes (5)
- 4 carrots (5)
- red onion (5)



## REFRIGERATED

- 2 cups shredded mozzarella (1)
- 1 lb ground turkey (2)
- 1 egg
- 4 lbs boneless skinless chicken thighs (3, 5)



## SPICES & BAKING

- salt + pepper (1, 5, m)
- ground ginger (2)
- onion powder (2, 5)
- garlic powder (2, 5)
- brown or coconut sugar (2, 5, m)
- paprika (5, m)
- oregano (5)
- cumin (m)
- cinnamon (m)
- cloves (m)
- ginger (m)
- cayenne (m)



## PANTRY

- olive oil (1)
- 1 can black beans (15 oz) (1)
- 1 can corn kernels (11.5 oz) (1)
- 2 cans enchilada sauce (20 oz) (1)
- 2 large flour tortillas (1)
- worcestershire sauce (2, 3)
- breadcrumbs (2)
- hoisin sauce (2)
- honey (3)
- reduced sodium soy sauce (3)
- apple cider vinegar (3)
- sesame oil (3)
- 1 can chickpeas (15 oz) (4)
- 1 can diced tomatoes (15 oz) (4)
- 1 can fire roasted tomatoes (28 oz)(5)
- lemon juice (5)
- peri peri sauce (5)
- red wine vinegar (5)

## COOK DAY

- avocado (optional)(1)
- corn starch (3)
- green onions (optional) (1, 3)
- 2 lemons (4, 5)
- parsley (optional) (4)
- 



to skip any recipe, cross ingredients  
with the number corresponding to  
that recipe off the shopping list

- (1) Butternut Squash Enchilada Skillet
- (2) Hoisin Turkey Meatloaf
- (3) Honey Garlic Chicken
- (4) Moroccan Chickpea Skillet
- (5) Portuguese Chicken Bake
- (m) Moroccan Spice Blend

# PREP List

**1**

## **LABEL**

all bags or containers with recipe name, date, and full cooking instructions

**2**

## **PREP VEGGIES**

-cut butternut squash into 1 inch cubes. Toss with olive oil and roast 25 min at 425°F.

-slice 4 carrots, cut 1 red onion into chunks, cut 2 potatoes into 1 inch cubes

-chop 2 cups sweet potatoes (1/2 inch cubes), dice 1 bell pepper & 1 onion

-mince 6 cloves garlic

**3**

## **CANS, CHEESE, TORTILLAS**

-open all cans, shred 2 cups cheese, cut tortillas into 4 peices.

**4**

## **ASSEMBLE**

-Mix together butternut casserole filling and assemble in layers in a baking dish.

-Mix together turkey meatloaf and press into a parchment-lined loaf pan.

-Portion out other recipes into bags or freezer containers

**5**

## **FREEZE**

squeeze air out of bags and freeze them flat in the freezer. You can rearrange them once they have frozen!