

MARINA MAKES COMMON BONDS RECIPES

SHOPPING LIST

PRODUCE

- 3 tablespoons of olive oil
- 1/2 cup of zucchini, chopped
- 1/2 cup of carrots, chopped
- 1/2 cup of celery, chopped
- 1/2 cup of sweet onion, chopped
- 1/2 cup of green beans, chopped
- 3 cloves of garlic, minced
- 2 teaspoons of thyme
- 1 1/2 - 2 cups of kale, chopped
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MEAT, FISH & POULTRY

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DAIRY & EGGS

- 1/2 cup of parmesan cheese, plus additional cheese for topping
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BAKING, SPICES, OILS & CONDIMENTS

- Salt
- Pepper
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BREAD, GRAINS & CEREAL

- 3/4 - 1 cup of dried ditalini pasta (GF option: small GF pasta)
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DRY/CANNED GOODS & PANTRY SNACKS

- 2 cups of cheddar crackers
- 2 cups of corn chex cereal
- 2 cups of pretzel rounds or squares
- 2 cups of chocolate covered candies
- 2 cups of graham cracker cookies
- 14 oz can of petite diced tomatoes
- 6 cups of chicken or vegetable broth
- 2 tablespoons of jarred pesto

FROZEN FOODS

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BEVERAGES

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MISCELLANEOUS

- Parchment paper
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