

Canned Goods

- Cannellini beans 1 can (15oz)
- Chicken broth 4 cups
- Coconut milk 1 cup
- Diced tomatoes 2 cans (14.5oz each)
- Tomato paste 4 tbsp
- Vegetable broth 3.5 quarts

Dairy

- Basil pesto 1 jar
- Butter 0.5 cup
- Half and half 1.5 cups
- Parmesan cheese 2 cups

Condiments & Spices

- Basil ¼ cup (or 1tbsp dried)
- Curry powder 1tbsp
- Dried oregano 1tsp

Vegetables

- Baby kale (or spinach) 3 cups
- Butternut squash 2.5lb
- Carrots 3 medium
- Celery 2 cups (chopped)
- Cilantro to taste
- Garlic 4 cloves
- Jalapenos to taste
- Onion 3 medium
- Parsley to taste
- Zucchini squash 1 small