

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 $\frac{1}{4}$ 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