
ITEMS

Canned / Packaged Goods:

- 1 can black beans (or 1 1/2 cups cooked)
- 1 package extra firm tofu
- 100 g extra-firm tofu, pressed and diced (3 oz.)
- chopped peanuts for serving

Dairy / Eggs:

- 2 eggs
- 85 g mozzarella cheese (3 oz.)
- 8 teaspoons parmesan cheese

Pasta / Sauces:

- 1 cup marinara sauce
- 1/2 pound flat rice noodles (250 g) (shaped more like fettuccine)

International:

- 1 cup salsa
- 1 tablespoon fish sauce
- 2 tablespoons oyster sauce

Condiments / Dressings:

- 1/2 cup peach or mango jam

Spices:

- 1 teaspoon oregano
- 2 teaspoons smoked paprika
- 1 1/3 tablespoons chili powder
- 3/4 teaspoon cumin
- 3/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon chili flakes

Produce:

- 1 carrot (shredded)
- 4 onions
- basil leaves for serving
- 2 large bell peppers
- 2 limes
- 2 large red peppers
- 2 mangoes or 4 peaches
- fresh cilantro for serving
- 200 g bean sprouts (7 oz.)
- 6 cloves garlic

Baking Needs:

- 5 tablespoons canola oil
- 1/4 cup flour
- 1 tablespoon sesame or peanut oil
- 2 teaspoons sugar

Grains / Rice:

- 1/2 cup uncooked quinoa
- rice for serving (for recipe: Spicy Pork with Mango and Rice)

Meats / Seafood:

- 2 large chicken breasts or 3-4 smaller ones
- 1/2 pound shrimp or very thinly sliced chicken or pork (225 g)
- 1 1/2 pounds pork loin