

Shopping List



ITEMS

International:

- 3 tablespoons soy sauce

Spices:

- 1 teaspoon chili flakes
- 1 tablespoon garam masala
- 1 teaspoon cinnamon
- 1 teaspoon coriander
- 2 teaspoons cumin
- 1 teaspoon ginger
- 1 teaspoon salt
- 2 teaspoons oregano

Canned / Packaged Goods:

- 1 cup dry red lentils
- 1 can 798 ml (28 oz) diced tomatoes
- 3 tablespoons chicken bouillon paste

Grains / Rice:

- 1 cup quinoa

Snacks / Chips / Candy:

- 1 cup cashews

Pasta / Sauces:

- 1 tablespoon fish sauce

Baking Needs:

- 1/3 cup canola oil
- 3 tablespoons sesame oil
- 1/16 cup cornstarch
- 1 tablespoon brown sugar
- unsweetened flaked coconut, for sprinkling
- 1 tablespoon sugar

Produce:

- 1 large carrot
- 3 red bell peppers
- 2 cups chopped broccoli
- 18 cloves garlic
- one thumb sized chunk of ginger
- 2 pounds sweet potato
- 3 carrots
- raisins
- 2 mangoes
- 1 handful fresh cilantro
- 1 cup chopped red onion
- 2 tablespoons lime juice
- 1 thai chili
- 5 onions
- 8 stalks of celery
- 2 cups chopped kale *see note

Dairy / Eggs:

- 1 egg
- 1 tablespoon butter
- 1/2 cup whipping cream or coconut milk

Condiments / Dressings:

- 1 tablespoon mayo

Meats / Seafood:

- 1 pound flank steak
- 4 cups cooked chicken or turkey *see note