

Shopping List



ITEMS

Grains / Rice:

- 1/2 cup quinoa

Frozen Foods:

- 1 cup frozen corn
- 3 cups frozen green peas

Dairy / Eggs:

- 1 cup shredded cheddar cheese (optional)
- 1/4 cup butter
- 2 1/4 cups milk
- 3 eggs
- 200 g cheddar cheese (7 oz)
- 100 g grated cheddar cheese (1 cup)
- 1/2 cup shredded cheddar cheese

Pasta / Sauces:

- 12 oz dry macaroni noodles (340g)
- 6 oz egg noodles (3 cups)
- 10 oz spaghetti noodles

Baking Needs:

- 1/2 cup + 2 tbsp cornstarch

Meats / Seafood:

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- 1 1/2 lbs raw chicken breasts

Produce:

- 1 onion + 1/2 cup onion chopped
- 1 large red pepper + 3 cups chopped bell peppers
- 1 lb broccoli (454g)
- 4-6 garlic cloves minced
- 1 cup fresh or frozen pineapple chunks
- optional: 1 tsp fresh ginger grated (not powdered!)
- 3 cups chopped broccoli
- 3 cups sliced mushrooms
- 1 1/2 cups sliced green onions
- 3 cups shredded carrots (about 3 carrots)
- 3 cups snap peas

Spices:

- 2 tsp chili powder
- 1 tsp oregano
- 1/4 tsp chili flakes
- 1/2 tsp onion powder
- 2 1/2 tsp garlic powder

Canned / Packaged Goods:

- 1 can tomatoes (796 ml or 28 oz)
- 1 can tomato paste (156 ml or 5.5 oz)
- 1 1/2 cups black beans (cooked or canned)
- tortilla chips for serving (optional)
- 1/4 cup soy sauce
- 1/4 cup mirin
- 2 tbsp honey
- sesame seeds for topping
- 1 tbsp chicken bouillon paste (better than bouillon)
- 1 can sliced mushrooms, drained (284 ml or 10 oz)
- 1 can tuna
- 1/4 cup panko crumbs or potato chips (optional)