

# Shopping List



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## ITEMS

### Meats / Seafood:

- 2 lbs boneless chicken breasts, thighs, frozen, or fresh
- 1 lb flank steak
- 2 chicken breasts grilled (or from a rotisserie)

### Dairy / Eggs:

- 1/2 cup plain yogurt
- cotija or feta cheese for serving (optional)
- 1 egg
- 2 tbsp butter
- 1 brick cream cheese (8 oz)
- parmesan cheese for serving (optional)

### Condiments / Dressings:

- 1/4 cup + 1 tbsp mayo
- 3 tbsp soy sauce
- 1/3 cup + 2 tbsp franks red hot sauce

### Canned / Packaged Goods:

- 1 tbsp lime juice
- tortillas (corn or wheat) for serving
- 1/4 cup vinegar
- 2 cups chicken broth (or 2 cups water and 1 tbsp bouillon paste)
- 8 oz whole wheat pasta
- 1/2 cup prepared pesto
- 1 package gnocchi (500g or 17.5 oz)

### Baking Needs:

- 4 tbsp canola oil
- 3 tbsp sesame oil
- 1/4 cup flour
- 1/4 cup white sugar
- 1/4 cup + 1 tbsp cornstarch

### Produce:

- 1 jalapeno chopped finely
- 3 cups pineapple pieces fresh or frozen
- 8 cups shredded cabbage
- 1 cup chopped fresh cilantro
- 1 bell pepper any colour
- 2 cups chopped broccoli
- 1 small or half a large onion
- 1 thumb sized chunk of ginger julienned
- 17 cloves garlic minced + 6 cloves garlic sliced thinly
- 5-6 cups chopped cauliflower (750g or 1 1/2 lbs)
- 3 carrots
- 4 stalks celery
- 1 cup sliced red onion + 1 large red onion
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 cup quartered cherry tomatoes
- fresh basil ribboned (optional for serving)

### Spices:

- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 -1 tsp chili flakes
- 1/2 tsp garlic powder