

Shopping List

ITEMS

Canned / Packaged Goods:

- ☐ Dates cut into quarters
- ☐ ⅓ cup nutritional yeast
- ☐ ⅓ cup apple cider vinegar
- ☐ ¼ cup tahini + 1 tbsp tahini or sesame seeds
- ☐ 2 tbsp soy sauce
- ☐ 3 cups chickpeas
- ☐ 2 tbsp lime juice
- ☐ 1/4 cup + 2 tbsp vinegar
- ☐ 1 tsp lemongrass paste
- ☐ 1 tsp Sriracha chili sauce
- ☐ 1 cup walnuts, almonds, or pecans
- ☐ 1 cup balsamic vinegar
- ☐ 1/4 cup + 1 1/2 tsp syrup simple, maple, or agave
- ☐ 1 cup quinoa uncooked (or 2 cups cooked)
- ☐ 4 tbsp fish sauce

Dairy / Eggs:

- ☐ 2 eggs
- ☐ 1/2 cup crumbled feta

Baking Needs:

- ☐ ¾ cup + 1 tbsp canola oil
- ☐ 1/3 cup flour I used a GF all purpose mix but wheat flour would work as well
- ☐ 1 tsp baking powder
- ☐ 5 tbsp sugar
- ☐ 2 tbsp + 4 tsp brown sugar
- ☐ 1 tablespoons sesame oil
- ☐ 1 1/2 tsp butter or oil coconut, olive, or canola
- ☐ 6 tbsp olive or canola oil
- ☐ ¼ cup + 1 tbsp olive oil

Meats / Seafood:

- ☐ 0.75 lbs pork loin or pork tenderloin
- ☐ 2 large chicken breasts cut into 3-4 pieces each

Produce:

- ☐ Spring mix
- ☐ Beets cooked, cooled, and peeled *see note 1 (Turmeric Falafel Bowl)
- ☐ 5-6 small-medium beets roasted *see note
- ☐ 2 cloves garlic
- ☐ 20 cloves garlic minced
- ☐ 1/4 cup chopped parsley
- ☐ 1 onion diced
- ☐ 1 red chili chopped
- ☐ 1 large carrot
- ☐ 8 cups field greens
- ☐ 1.5 lbs baby new potatoes, quartered
- ☐ 12 large stalks asparagus sliced into 1" pieces
- ☐ 1 large red onion sliced into wedges
- ☐ 1 1/2 cups cherry or grape tomatoes cut in half

Spices:

- ☐ 1 tbsp turmeric
- ☐ ½ tsp onion powder
- ☐ 1.5 tsp coriander
- ☐ 1 tsp cumin
- ☐ 1/4 tsp chilli flakes
- ☐ ½ tsp ginger
- ☐ 1 tablespoon of dried rosemary