

Shopping List



ITEMS

Grains / Rice:

- cooked rice
- rice paper wrappers

Canned / Packaged Goods:

- 3/4 cup walnut halves
- 1/3 cup nutritional yeast
- 9 tbsp soy sauce
- 2 tbsp tahini or sesame seeds
- 1/4 cup + 3 tbsp vinegar
- vermicelli noodles cooked
- sunflower seeds
- 2 tbsp buffalo hot sauce aka franks
- 1/4 cup mayo
- 1.5 cups cooked black beans or 1 can, drained and rinsed
- toasted pita wedges or tortilla chips for dipping
- 6 cans diced pineapple
- 6 cans diced tomatoes (798 ml or 27 oz)
- 1 chipotle pepper in adobo sauce finely chopped
- 3 tbsp lime juice

Baking Needs:

- 3/4 cup + 2 tbsp canola oil
- 2 tbsp sugar
- 3/4 cup cornstarch
- 6 tbsp brown sugar

Dairy / Eggs:

- cotija or feta cheese for serving (optional)
- 1.5 cup plain yogurt
- 1 cup cottage cheese
- 1 cup shredded cheddar cheese

Meats / Seafood:

- 6 lbs farmer sausage
- 2 lbs boneless chicken breasts, thighs, frozen, or fresh

Produce:

- 13 carrots
- julienned apple slices
- 2 cloves garlic + 14 cloves garlic minced
- 2 jalapeno chopped finely
- 8 cups shredded cabbage
- 1 cup chopped fresh cilantro
- 3 cups pineapple pieces fresh or frozen
- 1.5 large red onion
- 2 cups shredded lettuce
- 18 stalks celery
- 12 bell peppers + 1 red pepper
- 2 ripe avocados
- juice from 1-2 limes (choose 2 if they are on the small size)
- 2 lbs tomatoes chopped + 1 tomato diced (about 1 cup)

Spices:

- 6 tsp garlic powder
- 1/2 tsp smoked paprika
- 1 tbsp + 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp oregano
- a dash of cayenne pepper