

Shopping List



ITEMS

Baking Needs:

- 2 tbsp oil
- 1/4 cup + 1 tsp brown sugar
- 2 tbsp canola oil

Produce:

- 7 onions
- 12 cloves garlic + 8 cloves minced garlic
- 2 lbs sliced + 300 g diced mushrooms
- 4 limes
- 2 lbs bean sprouts (optional at time of serving)
- fresh cilantro (optional at time of serving)
- 2 medium-large spaghetti squash
- 2 red peppers
- 1 tbsp grated fresh ginger
- 5 carrots

Spices:

- 1/2 tsp cayenne
- 1 tsp chili powder
- 1/4 tsp cumin
- 1/2 tsp fennel seeds
- 1/4 tsp chili flakes

Frozen Foods:

- 1 cup frozen green peas
- 2 cups frozen corn
- 1/2 package of frozen spinach, defrosted (150 g)

Meats / Seafood:

- 1 lb lean ground beef
- 4 lbs boneless chicken thighs
- 2 cups of cooked and diced chicken (I used a rotisserie chicken.)

Dairy / Eggs:

- 300 g mozzarella cheese grated
- 750 g cottage cheese
- 5 eggs
- 1/2 cup parmesan cheese grated
- 1 cup cream cheese softened
- 2 cups shredded cheddar cheese

Canned / Packaged Goods:

- 1 cup marinara sauce
- 2 cups peanut butter
- 1 cup soy sauce
- rice at time of serving
- peanuts at time of serving
- 1 cup salsa
- 1.5 cups of cooked black beans or 1 can of black beans drained and rinsed
- 1 tbsp green curry paste
- 1 cup whole brown lentils
- 1 tbsp vegetarian bouillon paste (Better Than Bouillon brand)
- 1 can sliced water chestnuts cut in half
- 1 can coconut milk