

Shopping List



ITEMS

Baking Needs:

- 1/4 cup + 3 tbsp cornstarch
- 1/4 cup flour
- 1/4 cup + 2 tbsp white sugar
- 3 tbsp sesame oil
- 1/2 cup canola oil

Spices:

- 3/4 - 1 1/4 tsp chili flakes
- 1 tsp garlic powder
- 1/2 tsp ginger
- 1 tsp turmeric
- 1/2 tsp curry powder
- 1 tsp coriander
- 1 tsp fennel seeds
- 12 whole black peppercorns
- 1/2 tsp onion powder

Frozen Foods:

- 1/2 package (150g) frozen spinach
- 1 cup frozen green peas defrosted

Dairy / Eggs:

- 3/4 cup milk
- 100 g grated cheddar cheese (1 cup)
- 2 eggs
- 1/2 cup shredded cheddar cheese

Produce:

- 1 bell pepper, any colour
- 2 cups chopped broccoli
- 1 tbsp grated ginger + 1 thumb sized chunk of ginger
- 4 onions
- 16 cloves minced garlic + 6 cloves garlic sliced thinly
- 7 medium-sized potatoes
- 3 stalks of celery
- 5 large carrots
- 2 bay leaves
- 1 head of cabbage
- 1 small beet
- 1 bunch of fresh dill

Canned / Packaged Goods:

- 1 tbsp mayo
- 1/4 cup vinegar
- 3 tbsp soy sauce
- 1 tbsp lemongrass paste
- 3 cups cooked chickpeas or 2 cans, drained + rinsed
- 1 can coconut milk
- 1 tsp fish sauce (optional)
- 1 can tomato sauce
- 1/3 cup Beef Better Than Bouillon or other bouillon
- 1 798 ml can diced tomatoes
- 1/3 cup dill pickle brine or vinegar
- 2 cups cooked navy beans or 1-2 cans, drained + rinsed
- 6 oz egg noodles (3 cups)
- 1 tbsp chicken bouillon paste (Better Than Bouillon)
- 1 can tuna drained and flaked
- 1 can sliced mushrooms, drained (284 ml or 10 oz)
- 1/4 cup panko crumbs or potato chips (optional)

Meats / Seafood:

- 1 lb flank steak
- 3 chicken breasts