

Shopping List



ITEMS

Meats / Seafood:

- ☐ 3-4 cups cooked chicken or turkey (leftover thanksgiving turkey or rotisserie chicken works great!)
- ☐ grilled and sliced chicken breast (rotisserie chicken would work well, too!)

Baking Needs:

- ☐ 3 tbsp canola oil
- ☐ 1 tbsp brown sugar
- ☐ 2 tbsp flour
- ☐ 1 tsp sugar
- ☐ 1/4 cup + 1 tbsp olive or canola oil

Dairy / Eggs:

- ☐ 2 tbsp butter or canola oil
- ☐ 2 tbsp butter (or ghee: optional but adds a richer flavour)

Beverages:

- ☐ 1/2 cup orange juice

Produce:

- ☐ 8 stalks celery
- ☐ 2 lbs sweet potato
- ☐ 2 cups chopped kale (kale, spinach, or swiss chard can be used.)
- ☐ 3 large onions
- ☐ 2 tbsp grated fresh ginger
- ☐ 3 small green chilis (thai chilis or birds eye chilis)
- ☐ 11 cloves minced garlic
- ☐ fresh spinach
- ☐ sliced mango
- ☐ sliced cucumbers
- ☐ sliced red onion
- ☐ 3/4 cup fresh cilantro

Spices:

- ☐ 2 tsp oregano
- ☐ 1 tbsp + 1¼ tsp cumin
- ☐ 1 tbsp coriander
- ☐ 1 tsp garam masala
- ☐ 1¼ tsp chili powder
- ☐ 1 tsp turmeric
- ☐ 2 tbsp curry powder

Canned / Packaged Goods:

- ☐ 3 cans (798 ml or 28 oz) diced tomatoes
- ☐ 2 tbsp chicken bouillon paste
- ☐ 1/2 tsp mango powder amchoor (or 1 tbsp lemon juice)
- ☐ 3 cups cooked chickpeas or 2 cans, drained and rinsed
- ☐ 1 (18 oz) can coconut milk
- ☐ 3 1/2 cups pumpkin puree
- ☐ 4 cups vegetable or chicken broth
- ☐ 2 tbsp soy sauce
- ☐ coconut flakes for serving
- ☐ hemp hearts for serving
- ☐ 1 tbsp vinegar
- ☐ cooked quinoa
- ☐ dried young coconut (flaked coconut would also work)