

Shopping List



ITEMS

Spices:

- 1/2 tsp ginger
- sesame seeds

International:

- 4 tbsp fish sauce

Pasta / Sauces:

- cooked vermicelli noodles

Grains / Rice:

- 3 cups cooked brown rice
- leftover cooked rice
- rice paper wrappers

Frozen Foods:

- 1 1/2 cups frozen corn defrosted

Dairy / Eggs:

- 1 1/2 cups shredded cheddar cheese

Baking Needs:

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

Meats / Seafood:

- 0.75 lbs pork loin or pork tenderloin
- grilled chicken or from a rotisserie chicken

Produce:

- 4 cloves garlic + 6 cloves minced garlic
- 1 red chili
- sliced cucumbers
- fresh cilantro
- fresh mint
- grated carrots
- broccoli florets
- green onions
- julienned apple slices
- 2 large carrots

Canned / Packaged Goods:

- 1 tsp lemongrass paste
- 1 cup vinegar
- 2 tbsp lime juice
- crushed peanuts
- 1 can tuna
- 2/3 cup nutritional yeast
- sunflower seeds
- 1 1/2 cups walnut halves

Condiments / Dressings:

- 1 tsp sriracha chili sauce
- 1 cup salsa
- 7 tbsp soy sauce
- 4 tbsp tahini or sesame seeds