

# Shopping List



## ITEMS

### Spices:

- ☐ sesame seeds for topping
- ☐ 1 tbsp chili powder
- ☐ 1/2 tsp garlic powder
- ☐ 2 ½ tsp oregano
- ☐ 1 ¼ tsp cumin
- ☐ 1/4 tsp chili flakes

### Dairy / Eggs:

- ☐ shredded cheddar cheese
- ☐ sour cream

### International:

- ☐ 1 chipotle pepper in adobo sauce

### Grains / Rice:

- ☐ rice for serving
- ☐ 1 cup dry quinoa

### Canned / Packaged Goods:

- ☐ 1 tbsp vegetable bouillon (Better Than Bouillon Brand)
- ☐ 1 ½ cups black beans (or 1 can, drained and rinsed) + enough for Mexican Stuffed Potatoes

### Frozen Foods:

- ☐ 1 cup frozen corn kernels + enough for Mexican Stuffed Potatoes

### Baking Needs:

- ☐ 2 tbsp sesame oil
- ☐ 2 tbsp corn starch
- ☐ 3 tbsp canola oil

### Produce:

- ☐ 8-10 garlic cloves minced
- ☐ 3 cups chopped broccoli
- ☐ 1 cup fresh or frozen pineapple chunks
- ☐ 1 tsp fresh ginger grated (not powdered ginger!) (optional)
- ☐ 3 cups sliced mushrooms
- ☐ 2 cups sliced green onions
- ☐ 3 cups shredded carrots (about 3 carrots)
- ☐ 3 cups snap peas
- ☐ pre-baked potatoes
- ☐ 3 large red peppers + 3 cups roughly chopped bell peppers
- ☐ fresh cilantro for serving
- ☐ 2 large onions
- ☐ chopped cilantro (optional)
- ☐ 2 mangoes or 4 peaches

### Condiments / Dressings:

- ☐ 1/4 cup soy sauce
- ☐ 2 tbsp honey
- ☐ 1/4 cup mirin
- ☐ 1/2 cup peach or mango jam
- ☐ 2 cups salsa + enough for Mexican Stuffed Potatoes

### Meats / Seafood:

- ☐ 1 ½ lbs raw chicken breasts
- ☐ 1 ½ lbs pork loin

### Pasta / Sauces:

- ☐ 6 packages (210g each) of NuPasta spaghetti (or sub in 10 oz spaghetti noodles – dry weight – boiled and drained)