
ITEMS

International:

- 400 g fresh udon noodles *see note in recipe

Dairy / Eggs:

- 1/3 cup cream cheese
- 500 ml (2 cups) cottage cheese
- 2 eggs
- 1/4 cup parmesan cheese
- 400 g (14 oz) mozzarella cheese
- 1/2 cup plain yogurt
- cotija or feta cheese for serving (optional)

Canned / Packaged Goods:

- 1 tbsp bouillon paste (Better Than Bouillon)
- tortillas (corn or wheat) for serving

Frozen Foods:

- 24 frozen meatballs

Grains / Rice:

- quinoa, rice, or barley to go with Easy Swedish Meatballs

Pasta / Sauces:

- 15 sheets of lasagna noodles
- 1 large jar of pasta sauce

Baking Needs:

- 1 tbsp brown sugar
- 2 tbsp sesame oil
- 1 tbsp cornstarch
- olive oil for brushing
- 3 tbsp canola oil

Spices:

- 1 tbsp toasted sesame seeds
- 1 tsp garlic powder
- 1/8 tsp nutmeg
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika

Produce:

- 8 cups shredded cabbage + 400 g shredded cabbage (a pre-shredded coleslaw mix also works.)
- 1 lb asian greens yu choy or gai lan
- 2 green onions divided
- 2 tbsp fresh grated ginger
- green peas + sauteed onions to go with Easy Swedish Meatballs (or your choice of veggie)
- 2 medium zucchinis
- 1 medium eggplant
- 1 lb mushrooms
- 1 each of red orange, and yellow peppers
- 2 medium sized onions
- a large handful of fresh basil leaves
- 7 cloves garlic minced + 1 head garlic
- 1 jalapeno
- 3 cups pineapple pieces fresh or frozen
- 1 large red onion
- 1 cup chopped fresh cilantro

Meats / Seafood:

- 1 lb ground pork or extra firm tofu
- 2 lbs boneless chicken breasts, thighs, frozen, or fresh

Condiments / Dressings:

- 1/3 cup soy sauce
- 1/3 cup mirin
- 2 tbsp buffalo hot sauce aka Franks
- 1/4 cup mayo
- 1 tbsp lime juice