

Shopping List



ITEMS

Condiments / Dressings:

- 1 tbsp mayo
- 3 tbsp soy sauce
- 1/3 cup Franks Red Hot sauce

Meats / Seafood:

- 1 pound flank steak
- 2 chicken breasts

Spices:

- 1 tsp chili flakes
- 2 tbsp + 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp ginger powder
- 1 tbsp onion powder
- 1/2 tsp ground black pepper

Bread / Peanut Butter / Jams:

- 1/4 cup almond butter
- 8 large tortilla wraps
- 1 tsp honey

Canned / Packaged Goods:

- 3 cups chicken broth
- 8 small roasted red peppers from a jar

Grains / Rice:

- 1 cup uncooked couscous

Frozen Foods:

- 1/2 cup frozen green peas defrosted

Baking Needs:

- 2 tsp apple cider vinegar
- 1/4 cup + 1 tbsp olive oil
- 3 tbsp sesame oil
- 1/4 cup flour
- 1/3 cup cornstarch
- 1/4 cup white sugar
- 2 tbsp canola oil
- 1/3 cup vinegar

Deli:

- 1 cup roasted garlic hummus

Snacks / Chips / Candy:

- 1/4 cup pistachios
- 1 cup sliced almonds or shelled pistachios

Produce:

- 1 green onion
- 1 head + 6 cups chopped cauliflower
- thumb sized chunk ginger
- 20 cloves garlic
- 2 cups chopped broccoli
- 1 small onion
- 1/4 cup sun dried tomatoes
- 1/4 cup fresh parsley
- 4 cups fresh spinach
- 8 small radishes
- 4 stalks celery
- 1 bell pepper
- 3 carrots
- 2 cups cherry tomatoes

Dairy / Eggs:

- 8 oz cream cheese
- 2 tbsp butter
- 1 egg
- 600 g halloumi

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Pasta / Sauces:

- 1 cup marinara sauce
- 8 oz whole wheat pasta