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## ITEMS

### Spices:

- ☐ 1/2 teaspoon dried basil
- ☐ 1/2 teaspoon dried thyme
- ☐ 1 tablespoon toasted sesame seeds
- ☐ 1 1/2 teaspoons garlic powder
- ☐ 1/2 teaspoon onion powder

### Meats / Seafood:

- ☐ 2 chicken breasts
- ☐ 1 pound ground pork or extra firm tofu

### Grains / Rice:

- ☐ 1 1/2 cups dried quinoa

### Pasta / Sauces:

- ☐ 6 ounces egg noodles
- ☐ 400 grams fresh udon noodles

### Frozen Foods:

- ☐ 1 cup frozen green peas

### Produce:

- ☐ 2 red peppers
- ☐ 1 handful + 1 1/2 teaspoons fresh oregano
- ☐ 3 cloves garlic + 1 head of garlic
- ☐ 1 cucumber
- ☐ 1 cup chopped cherry tomatoes
- ☐ 1 small red onion
- ☐ 2 cups chopped broccoli
- ☐ 400 grams shredded cabbage
- ☐ 2 green onions
- ☐ 2 tablespoons fresh grated ginger
- ☐ 1 small eggplant
- ☐ 1 medium zucchini
- ☐ 8 medium mushrooms
- ☐ 1 pound asian greens yu choy or gai lan
- ☐ 1 handful fresh basil
- ☐ 1 onion + 1/2 cup onion

### Dairy / Eggs:

- ☐ 1 1/3 cups crumbled feta cheese
- ☐ 3/4 cup milk
- ☐ 100 grams grated + 1/2 cup shredded cheddar cheese
- ☐ 6 eggs

### Canned / Packaged Goods:

- ☐ 1/2 cup lemon juice
- ☐ 1 can tuna
- ☐ 1 798 ml can diced tomatoes
- ☐ 1 tablespoon Better Than Bouillon chicken
- ☐ 1 can sliced mushrooms

### Condiments / Dressings:

- ☐ 5 tablespoons vinegar
- ☐ 2 tablespoons red wine vinegar
- ☐ 1/3 cup soy sauce
- ☐ 1/3 cup mirin

### Baking Needs:

# Shopping List



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- ☐ 2 teaspoons sugar
  - ☐ 1/2 cup + 2 tablespoons olive oil
  - ☐ 1 tablespoon brown sugar
  - ☐ 1 tablespoon canola oil
  - ☐ 2 tablespoons sesame oil
  - ☐ 2 tablespoons cornstarch
  - ☐ 1/4 cup panko crumbs
  - ☐ 1/2 cup olive or canola oil