
ITEMS

Grains / Rice:

- 1 cup quinoa
- 3 cups cooked brown rice

Beverages:

- 1/2 cup mango juice

International:

- 1 tablespoon fish sauce
- 1/4 cup sweet chili sauce
- 1/4 cup oyster sauce

Frozen Foods:

- 1 1/2 cups frozen corn

Condiments / Dressings:

- 1 cup salsa

Meats / Seafood:

- 300-500 g raw shrimp + shrimp to add to the mango quinoa salad

Produce:

- 2 small onions
- 10 garlic cloves
- 3 carrots
- 2 mangoes
- 1 large red pepper + 1 bell pepper
- 1 handful fresh cilantro
- 1 cup chopped red onion
- 2 tablespoons lime juice
- celery
- zucchini
- 224 g mushrooms
- 1 thai chili

Spices:

- 1 tablespoon garam masala
- 1 teaspoon cinnamon
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon ginger
- 1/4 teaspoon chili flakes

Canned / Packaged Goods:

- 1 cup dry red lentils
- 1 tablespoon Chicken Better Than Bouillon
- 1 can tuna
- 1 package raman noodles

Dairy / Eggs:

- 1 tablespoon butter
- whipping cream, 35% mf or canned coconut milk (for vegan adaptation)
- 1 1/2 cups shredded cheddar cheese

Baking Needs:

- 1 tablespoon brown sugar
- unsweetened flaked coconut
- 1/2 cup canola oil

Shopping List



1 tablespoon sugar

Snacks / Chips / Candy:

raisins

1 cup cashews