

Shopping List



ITEMS

Dairy / Eggs:

- ☐ 1 egg
- ☐ 200 grams halloumi

International:

- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons oyster sauce
- ☐ 250 grams flat rice noodles

Miscellaneous:

- ☐ Ziplock bag

Grains / Rice:

- ☐ 1 cup uncooked couscous

Frozen Foods:

- ☐ 1/2 cup frozen green peas

Deli:

- ☐ 1 cup roasted garlic hummus

Condiments / Dressings:

- ☐ vinegar for serving

Meats / Seafood:

- ☐ 1 pound lean ground beef
- ☐ 225 grams shrimp or very thinly sliced chicken or pork

Produce:

- ☐ 3 large onions
- ☐ 9 cloves garlic
- ☐ 3 carrots
- ☐ 200 grams bean sprouts
- ☐ limes
- ☐ 1 pound potatoes
- ☐ 1 head cauliflower
- ☐ 2 cups cherry tomatoes
- ☐ 1 green onion
- ☐ bagged salad (or make your own!)

Spices:

- ☐ 1 teaspoon ground coriander seed
- ☐ 1 teaspoon cumin
- ☐ 1/2 teaspoon ginger
- ☐ 1 teaspoon cinnamon
- ☐ 1/2 teaspoon turmeric
- ☐ 1/4 teaspoon chili flakes
- ☐ 2 tablespoons + 1/2 teaspoon garlic powder
- ☐ 1 tablespoon + 1/2 teaspoon onion powder

Canned / Packaged Goods:

- ☐ 2 cups beef broth
- ☐ 1 cup dried split red lentils
- ☐ 1 28 ounce can diced tomatoes
- ☐ 1 cup chicken or vegetable broth
- ☐ 1 block + 100 g extra-firm tofu (important to buy EXTRA firm)

Snacks / Chips / Candy:

- ☐ 3/4 cup raisins
- ☐ 3/4 cup dried apricots
- ☐ 1/4 cup pistachios

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- ☐ chopped peanuts

Bread / Peanut Butter / Jams:

- ☐ 3 teaspoons honey

Baking Needs:

- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon sesame or peanut oil
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon nutritional yeast
- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 tablespoons cornstarch
- ☐ 1/4 cup + 1 tablespoon olive or canola oil