
ITEMS

Meats / Seafood:

- 3 slices bacon
- 1 pound ground pork or extra firm tofu

Spices:

- 1 tablespoon toasted sesame seeds
- 1 teaspoon garlic powder
- 3 tablespoons fresh grated ginger

Pasta / Sauces:

- 400 grams fresh udon noodles
- 1/2 cup prepared pesto

Dairy / Eggs:

- Parmesan cheese

International:

- 1 tablespoon green curry paste
- 1/3 cup mirin

Frozen Foods:

- 1 cup frozen green peas
- 1 cup frozen corn

Produce:

- 1 apple
- 4 cups arugula
- 2 stalks celery
- 4 cups chopped romaine lettuce
- 400 grams shredded cabbage
- 1 pound Asian greens (yu choy or gai lan)
- 1 cup sliced red onion
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 cup quartered cherry tomatoes
- Fresh basil
- 1 large onion
- 1 large carrot
- 4 cloves garlic minced
- 3 green onions

Snacks / Chips / Candy:

- 3 tablespoons dried cranberries
- 1/4 cup pumpkin seeds

Canned / Packaged Goods:

- 3 tablespoons lemon juice
- 1 tablespoon vegetarian bouillon paste
- 1 cup whole brown lentils
- 1 can coconut milk
- 1 8 ounce can sliced water chestnuts
- 1 package, 500 g gnocchi

Baking Needs:

- 1 tablespoon maple syrup
- 5 tablespoons canola oil
- 1 1/3 tablespoons brown sugar
- 2 tablespoons sesame oil

Condiments / Dressings:

- 1/2 teaspoon whole grain mustard
- 1/3 cup soy sauce