

Shopping List



ITEMS

Produce:

- 1 tablespoon grated fresh ginger
- 1 tablespoon lemongrass paste
- 1 carrot
- 1 pound potatoes
- 6 cloves garlic minced + 1 head of garlic minced
- 4 onions
- 1 small eggplant
- 1 medium zucchini
- 8 medium mushrooms
- 1 red pepper

Frozen Foods:

- 150 grams frozen spinach

International:

- 1 teaspoon fish sauce

Meats / Seafood:

- 1 pound lean ground beef

Condiments / Dressings:

- 2 tablespoons soy sauce

Dairy / Eggs:

- 1/2 cup crumbled feta cheese
- 5 eggs
- 2 tablespoons butter

Baking Needs:

- 1/2 cup canola oil
- 2 tablespoons corn starch
- 2 tablespoons flour
- 1 teaspoon sugar
- coconut flakes
- hemp hearts

Canned / Packaged Goods:

- 12 large soft tortillas or hard taco shells
- 3 cups cooked chickpeas
- 1 798 ml can diced tomatoes
- 1 cup red lentils
- 1 cup tomato sauce
- 2 18 oz cans coconut milk
- 3 1/2 cups pumpkin puree
- 4 cups vegetable or chicken broth

Miscellaneous:

- your favourite taco toppings: shredded cheddar cheese, lettuce, tomatoes, salsa, sour cream, etc.

Spices:

- 1/2 teaspoon chili flakes
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1 1/2 teaspoons basil
- 2 1/2 teaspoons oregano
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 2 tablespoons curry powder