

Shopping List

ITEMS

Produce

- 3 large onions
- 8 stalks celery
- 11 cloves garlic
- 2 lbs sweet potato
- 2 cups chopped kale
- ¾ cup fresh cilantro
- 2 tbsp grated fresh ginger
- 3 small green chilis (thai chilis or birds eye chilis)
- fresh spinach
- sliced mango
- sliced cucumbers
- sliced red onion

Grains / Rice

- cooked quinoa

Canned / Packaged Goods

- 3 798 ml cans diced tomatoes
- 2 tbsp chicken bouillon paste (I like the Better Than Bouillon brand)
- 4 cups vegetable or chicken broth
- 3 cups cooked chickpeas or 2 cans
- ½ tsp mango powder amchoor or substitute 1 tbsp lemon juice
- 1 18 oz can coconut milk
- 3 1/2 cups pumpkin puree

Beverages

- ½ cup orange juice

Baking Needs

- 2 tbsp flour
- 1 tbsp brown sugar
- 1 tsp sugar
- coconut flakes for serving

- dried young coconut (flaked coconut would also work)
- hemp hearts for serving
- ½ cup canola oil

Spices

- 2 tsp oregano
- 1 ½ tbsp cumin
- 1 tbsp coriander
- 1 tsp garam masala
- 1 tsp turmeric
- 2 tbsp curry powder
- 1 ¼ tsp chili powder

Condiments / Dressings

- 2 tbsp soy sauce
- 1 tbsp vinegar

Dairy / Eggs

- 2 tbsp butter or canola oil
- 2 tbsp butter or ghee (optional but adds a richer flavour)

Meats / Seafood

- 3-4 cups cooked chicken or turkey
- grilled and sliced chicken breast (rotisserie chicken would work well, too!)