

Shopping List



ITEMS

Meats / Seafood:

- 225 grams shrimp or very thinly sliced chicken or pork
- 2 links Italian sausage
- 4 pounds boneless chicken thighs

Canned / Packaged Goods:

- 100 grams extra-firm tofu
- 1 798 ml can diced tomatoes
- 1 tablespoon chicken bouillon
- 1 can evaporated milk
- rice
- black beans

Bread / Peanut Butter / Jams:

- 2 cups peanut butter

Condiments / Dressings:

- 1 cup soy sauce
- salsa

Snacks / Chips / Candy:

- peanuts

Frozen Foods:

- frozen corn

Produce:

- 7 onions
- 20 cloves garlic
- 6 carrots
- 2 pounds + 200 g bean sprouts
- 2 celery stalks
- 1 handful fresh basil
- 1 handful fresh oregano
- 4 cups chopped kale
- 2 medium russet potatoes
- 2 pounds sliced mushrooms
- 4 limes
- fresh cilantro
- pre-baked potatoes

Baking Needs:

- 1 tablespoon sesame oil
- 2 teaspoons sugar
- 1 tablespoon canola oil
- 3 tablespoons oil
- 1/4 cup brown sugar

Spices:

- 1/2 teaspoon chili flakes
- 1 teaspoon fennel seeds
- 1/2 teaspoon cayenne

Dairy / Eggs:

- 1 egg
- shredded cheddar cheese
- sour cream

International:

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