

# Shopping List

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## ITEMS

### Canned / Packaged Goods:

- 3/4 cup canned lentils
- 1 796 ml can diced tomatoes
- Buns to serve with the burgers

### Dairy / Eggs:

- 1 large egg
- 2 tbsp greek yogurt
- 1/2 cup plain yogurt
- 1 cup feta cheese
- 1/2 cup feta or parmesan cheese

### Pasta / Sauce:

- 8 oz box of spaghetti
- 400 g fresh udon noodles

### Baking Needs:

- 3 tbsp brown sugar
- 1/2 cup oats
- ½ cup olive oil
- 3 tbsp canola oil
- 2 tbsp sesame oil

### Meats / Seafood:

- 1 lb ground chicken
- 1 lb ground pork or extra firm tofu

### Produce:

- 1/4 cup grated onion
- 1/2 red onion
- 2 green onions
- 6 cloves garlic
- 3 tbsp chopped fresh parsley

- zest of 1/2 lemon
- 3 tbsp lemon juice
- salad mix
- pear, raspberries, or strawberries
- 1 small zucchini
- 1 small handful of fresh basil leaves
- 400 g shredded cabbage
- 1 lb asian greens (yu choi or gai lan)
- 2 tbsp fresh grated ginger
- lettuce, sliced tomato, red onion, and cucumber to go with the burgers

#### Spices:

- 1 tsp dried oregano
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 tsp chili flakes
- 1 tsp garlic powder
- 1 tbsp poppyseeds
- 1 tbsp toasted sesame seeds

#### Condiments:

- 2 tbsp mayonnaise
- 1/3 cup soy sauce

#### International:

- 1/3 cup mirin

#### Snacks:

- pumpkin or sunflower seeds
- pretzels