

# Shopping List

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## ITEMS

### Produce

- 16 oz mushrooms
- 1 tsp grated ginger
- 25 cloves garlic
- 2 tbsp lime juice
- 3 red peppers
- 2 small zucchinis
- 1/2 cup sugar snap peas
- 3 cups cherry tomatoes
- 1 large + medium sized red onion + slices for serving
- 1 large onion
- 4 stalks celery

### Bread / Peanut Butter / Jams

- ½ cup peanut butter
- ciabatta buns for serving

### Canned / Packaged Goods

- 1 package ramen noodles
- 1 can navy or lima beans (or 1 ½ cups cooked)

### Pasta / Sauce

- 8 oz whole wheat spaghetti
- 10 oz farfalle “bow ties” (4-5 cups)
- 1 398 ml can tomato sauce

### Baking Needs

- 1 tbsp sesame oil
- 3 tbsp canola oil
- 2 tsp brown sugar

### Spices

- ¼ tsp cayenne

- 2 tsp basil
- 2 tsp oregano
- ½ tsp fennel seeds
- ½ tsp chili flakes
- 1 tsp chili powder
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 tsp smoked paprika
- ½ tsp cumin

### Condiments / Dressings

- 3 tbsp soy sauce

### International

- 1/4 cup sweet chili sauce
- 1/4 cup oyster sauce

### Dairy / Eggs

- 1 cup ricotta cheese
- ¾ cup cream cheese (5 oz)

### Meats / Seafood

- 300-500g raw shrimp
- 2 boneless skinless chicken breasts
- 1 lb ground turkey, chicken, or beef
- 1 link italian sausage

### Frozen Foods

- 150 g frozen chopped spinach