

Shopping List

ITEMS

Produce

- 2 large onions + ½ cup onion chopped
- 1 large red onion
- 3 tbsp grated fresh ginger
- 17 cloves garlic
- 3 small green chilis (thai chilis or birds eye chilis)
- 1 carrot
- 1 lb potatoes (about 3 medium-sized potatoes)
- 1.5 lbs baby new potatoes
- 12 large stalks asparagus
- 1 ½ cups cherry or grape tomatoes cut in half
- 1 tbsp lemongrass paste

Canned / Packaged Goods

- 1 tbsp chicken bouillon paste (Better Than Bouillon)
- 1 can sliced mushrooms (284 ml or 10 oz)
- 1 can tuna
- 2 x 28oz can diced tomatoes
- 6 cups cooked chickpeas or 4 cans
- ½ tsp mango powder amchoor or substitute 1 tbsp lemon juice
- 1 can coconut milk

Pasta / Sauce

- 6 oz egg noodles (3 cups)

Baking Needs

- 2 tbsp cornstarch
- 5 tbsp canola oil
- ¼ cup olive oil
- 5 tsp brown sugar

Spices

- ½ tsp onion powder
- ½ tsp garlic powder

- 1 tbsp cumin
- 1 tbsp + 1 tsp coriander
- 1 tsp garam masala
- 1 tsp chili powder
- 1 tsp turmeric
- ¼ tsp chili flakes
- ½ tsp curry powder
- 1 tsp turmeric
- 1 tbsp dried rosemary

Condiments / Dressings

- ½ cup balsamic vinegar

International

- ¼ cup panko crumbs or potato chips (optional)
- 1 tsp fish sauce (optional)

Dairy / Eggs

- ¾ cup milk
- 100 g grated cheddar cheese (1 cup)
- ½ cup shredded cheddar cheese
- 1 egg
- 2 tbsp butter or ghee (optional but adds a richer flavour)

Meats / Seafood

- 2 large chicken breasts

Frozen Foods

- 1 cup frozen green peas
- ½ package (150g) frozen spinach