

Shopping List

ITEMS

Produce

- asparagus
- 1 lb mushrooms
- 1 each of red, orange, and yellow peppers
- 2 medium zucchinis
- 1 medium eggplant
- 1 head garlic
- 7 cloves garlic
- 2 medium sized onions
- 1 large red onion
- large handful of fresh basil leaves sliced into ribbons
- 1 jalapeno
- 3 cups pineapple pieces fresh or frozen
- 12.5 cups shredded cabbage
- 1 cup chopped fresh cilantro
- 1 tbsp lime juice
- 1 lb asian greens (yu choy or gai lan)
- 2 green onions
- 2 tbsp fresh grated ginger

Bread / Peanut Butter / Jams

- tortillas (corn or wheat) for serving

Canned / Packaged Goods

- 1 tbsp bouillon paste

Pasta / Sauce

- 15 sheets of lasagna noodles
- 1 large jar of pasta sauce
- 400 g fresh udon noodles

Baking Needs

- 1 tbsp cornstarch
- olive oil for brushing

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

Spices

- 1/8 tsp nutmeg
- 1/8 tsp fresh ground pepper
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp smoked paprika
- 1 tbsp toasted sesame seeds
- 1 tsp garlic powder

Grains / Rice

- quinoa, rice, or barley

Condiments / Dressings

- 2 tbsp buffalo hot sauce (Franks)
- ¼ cup mayo
- ⅓ cup soy sauce

International

- ⅓ cup mirin

Dairy / Eggs

- 1/3 cup cream cheese
- 500 ml (2 cups) cottage cheese
- 2 eggs
- 1/4 cup parmesan cheese
- 400 g (14 oz) mozzarella cheese
- ½ cup plain yogurt
- Cotija or feta cheese for serving (optional)

Meats / Seafood

- 24 frozen meatballs
- 2 lbs boneless chicken breasts, thighs, frozen, or fresh
- 1 lb ground pork or extra firm tofu