

Shopping List

ITEMS

Produce

- 2 large carrots
- 1 head cabbage
- 1 head romaine
- 1 lb sliced mushrooms
- 1 bunch green onions
- ½ cup chopped red onion
- 1-2 small to medium onions
- 10-12 cloves garlic
- 2 oranges
- 1 cup snap sugar peas
- 1 cup broccoli pieces
- celery sticks for serving

Bread / Peanut Butter / Jams

- ¼ cup almond butter

Canned / Packaged Goods

- ¼ cup red lentils
- 2 packages instant noodles ramen
- 2 packages instant noodle seasonings
- 1 156 ml can tomato paste
- 1 tsp Chicken Better Than Bouillon
- 1 15 oz can navy beans, drained and rinsed (or 1.5 cups cooked)

Baking Needs

- 3 tbsp flour (I used arrowroot but a GF blend or whole wheat flour works too)
- ½ tsp sugar
- 1 cup sesame oil
- ½ cup canola oil

Spices

- ¼ tsp garlic powder
- ¼ tsp cumin

- ¼ tsp oregano
- ½ cup sesame seeds
- ½ tsp thyme
- ⅛ tsp white pepper

Grains / Rice

- 1 ½ cups quinoa + 2 cups cooked quinoa

Condiments / Dressings

- 3 tbsp + 2 tsp soy sauce
- ⅓ cup vinegar
- ⅓ cup Franks Red Hot Sauce

International

- ¼ cup mirin or 4 tbsp vinegar and 1 tbsp sugar

Snacks

- 2 ¼ cups whole almonds
- ½ cup dried cranberries

Dairy / Eggs

- 3 eggs + hard-boiled eggs for the Japanese Cabbage Salad
- ⅔ cup shredded cheddar cheese
- ½ cup cottage cheese or ricotta
- ⅓ cup feta cheese crumbles
- shredded mozzarella or blue cheese crumbles for serving

Meats / Seafood

- 3 chicken breasts cooked and sliced
- 1 lb ground chicken or turkey

Frozen Foods

- 2 cups edamame beans
- ½ cup frozen orange juice concentrate