

# Shopping List

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## ITEMS

### Produce

- 16 cloves garlic
- 1 tsp lemongrass paste
- 2 tbsp lime juice
- 1/3 cup + 4 ½ tsp lemon juice
- 1 red chili
- sliced bell peppers
- 3 ½ cups fresh spinach
- 3 carrots
- ½ cucumber + sliced cucumbers
- 3 stalks celery
- 3 large radishes
- ½ cup chopped red onion
- 1 bunch of parsley

### Canned / Packaged Goods

- 1 cup marinated artichokes diced

### Baking Needs

- 2 tablespoons brown sugar
- 5 tbsp + 1 ½ tsp sugar
- 1 tbsp sesame oil
- ¼ cup olive oil
- ¾ cup canola oil

### Spices

- ½ tsp ginger
- 2 tsp oregano
- 1 tsp basil
- ½ tsp onion powder

### Grains / Rice

- 1 ¼ cups dry quinoa
- 2 cups uncooked pot barley

## Condiments / Dressings

- 1 tbsp soy sauce
- 1 tsp Sriracha chili sauce
- ¼ cup + 4 tbsp vinegar
- 1 tbsp balsamic vinegar
- 2 tbsp white vinegar
- 2 tbsp sundried tomatoes packed in oil

## International

- 4 tbsp fish sauce

## Snacks / Chips / Candy

- pine nuts

## Dairy / Eggs

- 1 ½ cups + 2 oz feta cheese
- ½ cup milk
- 1 egg
- 1 cup mozzarella cheese shredded

## Meats / Seafood

- 0.75 lbs pork loin or pork tenderloin
- grilled chicken sliced
- 1 ½ cups navy beans or 1 can, drained and rinsed OR 1 1/2 cups cooked and diced chick

## Beverages

- ¼ cup white wine (optional, but highly recommended)



cen breasts