

Shopping List

ITEMS

Produce

- 2 large bell peppers or 3 small ones any colour
- 2 large red peppers
- 4 large onions
- green onions
- 2 limes
- 2 mangoes or 4 peaches
- fresh cilantro for serving
- fresh basil leaves
- 6 cloves garlic
- 1 carrot
- 200 g (7 oz) bean sprouts

Bread / Peanut Butter / Jams

- ½ cup peach or mango jam

Canned / Packaged Goods

- 1 can black beans (or 1 ½ cups cooked)

Pasta / Sauce

- 1 cup marinara sauce

Baking Needs

- 5 tbsp canola oil
- 1 tbsp sesame or peanut oil
- ¼ cup flour
- 2 tsp sugar

Spices

- 2 tsp smoked paprika
- 1 tbsp + 1 tsp chili powder
- ½ tsp chili flakes
- 1 tsp oregano

- ¾ tsp cumin
- ¾ tsp garlic powder
- ¼ tsp onion powder

Grains / Rice

- rice for serving
- ½ cup quinoa uncooked

Condiments / Dressings

- 1 cup salsa

International

- 1 tbsp fish sauce
- 2 tbsp oyster sauce
- 250 g (½ lb) flat rice noodles (shaped more like fettuccine)

Snacks / Chips / Candy

- chopped peanuts

Dairy / Eggs

- 2 eggs
- 85 g (3 oz) mozzarella cheese (or vegan substitute)
- 8 tsp parmesan cheese (or nutritional yeast for vegan substitute)

Meats / Seafood

- 2 large chicken breasts or 3-4 smaller ones
- 1 ½ lbs pork loin
- 225 g (½ lb) shrimp or very thinly sliced chicken or pork

Deli

- 1 package extra firm tofu
- 100 g (3 oz) extra-firm tofu