

Shopping List

ITEMS

Produce

- 10 cloves garlic
- 1 head romaine
- 2 oranges
- 1 cup sugar snap peas
- 1 cup broccoli pieces
- 1 tsp lemongrass paste
- 2 large carrots
- 2 tbsp lime juice
- 1 red chili
- fresh spinach
- sliced mango
- sliced cucumbers
- ⅓ cup chopped red onion
- sliced red onion
- julienned apple slices
- green onions
- cilantro

Baking Needs

- ½ cup + 1 tbsp sesame oil
- 1 cup canola oil
- 2 tbsp brown sugar
- 7 tbsp sugar
- dried young coconut (flaked coconut would also work)

Spices

- ½ tsp ginger
- ¼ tsp chili powder
- ¼ tsp cumin

Grains / Rice

- 2 cups cooked quinoa
- cooked quinoa (Mango Quinoa Nourish Bowl)

Condiments / Dressings

- 1 ¼ cups vinegar
- 4 tbsp + 2 tsp soy sauce
- 1 tsp Sriracha chili sauce

International

- 4 tbsp fish sauce
- rice paper wrappers
- vermicelli noodles

Snacks / Chips / Candy

- ½ cup dried cranberries
- ¾ cup whole almonds
- ¾ cup walnut halves
- sunflower seeds

Natural Foods

- ⅓ cup nutritional yeast
- 2 tbsp tahini or sesame seeds (tahini could also be in the international aisle)

Meats / Seafood

- 3 chicken breasts cooked and sliced
- grilled and sliced chicken breast (rotisserie chicken would work well, too!)
- 0.75 lbs pork loin or pork tenderloin

Frozen Foods

- ½ cup frozen orange juice concentrate

Beverages

- ½ cup orange juice