

Shopping List

ITEMS

Produce

- ☐ 1 medium-large spaghetti squash
- ☐ 3 onions
- ☐ sliced green onions for serving
- ☐ 13 cloves garlic
- ☐ 2 red peppers
- ☐ 3 tbsp lemon juice
- ☐ salad mix
- ☐ pear, raspberries, or strawberries
- ☐ 2 carrots
- ☐ ½ lb snap peas
- ☐ 1 apple

Canned / Packaged Goods

- ☐ 3 cups cooked black beans OR 2 cans drained and rinsed
- ☐ 1 tbsp Chicken Better Than Bouillon or vegetarian
- ☐ 1 tbsp beef bouillon
- ☐ ½ chipotle pepper in adobo sauce (or more if you like spice!)
- ☐ ¼ cup evaporated milk or fresh

Baking Needs

- ☐ 4 tbsp canola oil
- ☐ ½ cup olive oil
- ☐ 1 tbsp sesame oil
- ☐ 4 tbsp brown sugar
- ☐ 2 tbsp corn starch

Spices

- ☐ 1 tsp chili powder
- ☐ ¾ tsp cumin
- ☐ 1 tbsp poppyseeds
- ☐ 2 tsp oregano
- ☐ ½ tsp ginger
- ☐ sesame seeds (optional) for serving

Grains / Rice

- ☐ 3 cups cooked rice
- ☐ cooked brown rice for serving

Condiments / Dressings

- ☐ 2 ½ cups salsa
- ☐ 2 tbsp soy sauce

Snacks / Chips / Candy

- ☐ pumpkin or sunflower seeds
- ☐ pretzels

Dairy / Eggs

- ☐ 2 eggs
- ☐ 2 cups shredded cheddar cheese
- ☐ feta
- ☐ ½ cup plain yogurt
- ☐ 1 ½ cups cream cheese

Meats / Seafood

- ☐ 2 cups cooked and diced chicken (I used a rotisserie chicken.)
- ☐ 1 lb flank steak thinly sliced

Frozen Foods

- ☐ 2 cups frozen corn