

# Shopping List

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## ITEMS

### Produce

- 1 onion + ½ cup onion chopped
- 1 large red pepper
- 3 cups roughly chopped bell peppers
- 1 lb (454g) + 3 cups chopped broccoli
- 4-6 garlic cloves
- 1 cup fresh or frozen pineapple chunks
- optional: 1 tsp fresh ginger grated (NOT powdered ginger!)
- 3 cups sliced mushrooms
- 1 ½ cups sliced green onions
- 3 cups shredded carrots (about 3 carrots)
- 3 cups snap peas

### Bread / Peanut Butter / Jams

- 2 tbsp honey

### Canned / Packaged Goods

- 1 796 ml can tomatoes
- 1 156 ml can tomato paste
- 1 ½ cups cooked or canned black beans drained and rinsed
- 1 tbsp chicken bouillon paste (Better Than Bouillon)
- 1 can sliced mushrooms (284 ml or 10 oz)
- 1 can tuna

### Pasta / Sauce

- 12 oz (340g) dry macaroni noodles
- 6 packages (210g each) NuPasta spaghetti (or sub in 10 oz spaghetti noodles - dry weight - boiled and drained)
- 6 oz egg noodles (3 cups)

### Baking Needs

- ¼ cup + 4 tbsp cornstarch
- 2 tbsp sesame oil

## Spices

- 2 ½ tsp garlic powder
- 2 tsp chili powder
- ¼ tsp chili flakes
- 1 tsp oregano
- sesame seeds for topping
- ½ tsp onion powder

## Grains / Rice

- ½ cup quinoa

## Condiments / Dressings

- ¼ cup soy sauce

## International

- ¼ cup mirin
- ¼ cup panko crumbs or potato chips (optional)

## Snacks / Chips / Candy

- tortilla chips for serving (optional)

## Dairy / Eggs

- 1 ½ cups shredded cheddar cheese
- 200 g (7 oz) cheddar cheese
- 100 g grated cheddar cheese (1 cup)
- ¼ cup butter
- 2 ¼ cups milk
- 3 eggs

## Meats / Seafood

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- 1 ½ lbs raw chicken breasts

## Frozen Foods

- 1 cup frozen corn
- 1 cup frozen green peas