

# Shopping List

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## ITEMS

### Produce

- 23 cloves garlic
- 1 jalapeno
- 3 cups pineapple pieces (fresh or frozen)
- 1 large red onion + 1 cup sliced red onion
- 1 small or half a large onion
- 8 cups shredded cabbage
- 1 cup chopped fresh cilantro
- 1 tbsp lime juice
- 1 bell pepper any colour
- 2 cups chopped broccoli
- one thumb sized chunk of ginger
- 5-6 cups chopped cauliflower or 750g or 1 ½ lbs
- 3 large carrots
- 4 stalks celery
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 cup quartered cherry tomatoes
- fresh basil ribboned for serving

### Bread / Peanut Butter / Jams

- tortillas (corn or wheat) for serving

### Canned / Packaged Goods

- 2 cups chicken broth or 2 cups water and 1 tbsp bouillon paste

### Pasta / Sauce

- 8 oz whole wheat pasta
- 1/2 cup prepared pesto
- 1 package (500g or 17.5 oz) gnocchi

### Baking Needs

- 4 tbsp canola oil
- 3 tbsp sesame oil

- ¼ cup flour
- ¼ cup + 1 tbsp cornstarch
- ¼ cup white sugar

## Spices

- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp smoked paprika
- ½ -1 tsp chili flakes
- ½ tsp garlic powder
- ½ tsp ginger (powdered)

## Grains / Rice

- rice (My preference is a short grain brown rice.)

## Condiments / Dressings

- ¼ cup + 1 tbsp mayo
- ¼ cup vinegar
- 3 tbsp soy sauce
- ⅓ cup + 2 tbsp Franks Red Hot sauce

## Dairy / Eggs

- ½ cup plain yogurt
- Cotija or feta cheese for serving (optional)
- 1 egg
- 2 tbsp butter
- 1 (8 oz) brick cream cheese
- parmesan cheese for serving

## Meats / Seafood

- 2 lbs boneless chicken breasts, thighs, frozen or fresh
- 2 chicken breasts grilled (or from a rotisserie)
- 1 lb flank steak