

Shopping List

ITEMS

Produce

- 4 onions
- 1 large red onion + 1 medium sized red onion + ½ red onion
- 2 small zucchinis
- 24 cloves garlic
- 1 small handful fresh basil leaves
- 1 tsp grated ginger
- 4 limes
- 2 tbsp lime juice
- 1 red pepper
- 1/2 cup sugar snap peas
- 3 cups cherry tomatoes
- 4 carrots
- 2.5 lbs sliced mushrooms
- 2 lbs bean sprouts optional at time of serving
- fresh cilantro optional at time of serving

Bread / Peanut Butter / Jams

- 2 ½ cups peanut butter

Canned / Packaged Goods

- ¾ cup canned lentils
- 1 796 ml can diced tomatoes

Pasta / Sauce

- 8 oz box spaghetti
- 8 oz whole wheat spaghetti
- 10 oz farfalle “bow ties” (4-5 cups)

Baking Needs

- 1 tbsp sesame oil
- 5 tbsp canola oil
- 2 tbsp oil
- ¼ cup + 2 tsp brown sugar

Spices

- ¼ tsp chili flakes
- ¾ tsp cayenne
- 1 tsp basil
- 1 tsp oregano

Grains / Rice

- rice at time of serving

Condiments / Dressings

- 1 cup + 3 tbsp soy sauce

Snacks / Chips / Candy

- peanuts at time of serving

Dairy / Eggs

- ½ cup feta or parmesan cheese
- 1 cup ricotta cheese
- ¾ cup cream cheese (5 oz)

Meats / Seafood

- 2 boneless skinless chicken breasts
- 4 lbs boneless chicken thighs