

Shopping List

ITEMS

Produce

- 1 head cabbage
- 1 lb sliced mushrooms
- ½ to 1 bunch green onions
- 1 red onion
- 1 large onion
- 5 cloves garlic
- 4 cloves roasted garlic
- 1 tbsp lemon juice
- green beans
- green beans or a side salad
- ¼ cup sun dried tomatoes
- ¼ cup fresh parsley
- 4 cups fresh spinach
- 8 small radishes
- 2 carrots

Bread / Peanut Butter / Jams

- ½ cup almond butter
- 8 large tortilla wraps
- 2 tsp honey + 1 tbsp honey, melted

Canned / Packaged Goods

- 2 packages instant noodles ramen
- 2 packages instant noodle seasonings
- 1 can salmon (142g)
- ¼ cup diced dried apricots
- 8 small roasted red peppers from a jar
- 2 cups beef broth
- 1 796 ml can diced tomatoes
- 1 cup dried split red lentils

Pasta / Sauce

- 1 cup marinara sauce

Baking Needs

- ½ cup sesame oil
- 1 tbsp olive oil
- ½ cup + 1 tbsp canola oil
- ¼ cup panko breadcrumbs
- 1 tbsp sugar

Spices

- ½ cup sesame seeds
- ½ tsp sumac
- ¾ tsp turmeric
- ½ tsp paprika
- 1 tsp ground coriander seed the spice
- 1 tsp cumin
- 1 tsp cinnamon
- ½ tsp ginger

Grains / Rice

- 2 cups cooked brown rice
- brown rice

Condiments / Dressings

- 3 tbsp soy sauce
- 1 tbsp whole grain mustard
- 1 tbsp vinegar

International

- ¼ cup mirin or 4 tbsp vinegar and 1 tbsp sugar

Snacks / Chips / Candy

- 1 ½ cups almonds
- ½ cup pistachios
- 1 cup sliced almonds or shelled pistachios
- ¾ cup raisins
- ¾ cup dried apricots cut into quarters

Dairy / Eggs

- hard-boiled eggs
- 1 egg

400 g halloumi

Meats / Seafood

1 lb lean ground beef

Frozen Foods

2 cups edamame beans