

Shopping List

ITEMS

Produce

- 20 cloves garlic
- 2 red peppers
- 300 g mushrooms + 2 lbs sliced mushrooms
- 7 onions
- 5 carrots
- 4 limes
- 2 lbs bean sprouts (optional at time of serving)
- fresh cilantro (optional at time of serving)
- 2 medium-large spaghetti squashes
- 1 tbsp grated fresh ginger

Bread / Peanut Butter / Jams

- 2 cups peanut butter

Canned / Packaged Goods

- 1 cup marinara sauce
- 1 ½ cups cooked black beans OR 1 can black beans drained and rinsed
- 1 tbsp vegetarian bouillon paste
- 1 cup whole brown lentils
- 1 can sliced water chestnuts
- 1 can coconut milk

Baking Needs

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

Spices

- ½ tsp fennel seeds
- ¼ tsp chili flakes
- ½ tsp cayenne
- 1 tsp chili powder
- ¼ tsp cumin

Grains / Rice

- rice at time of serving

Condiments / Dressings

- 1 cup soy sauce
- 1 cup salsa

International

- 1 tbsp green curry paste

Snacks / Chips / Candy

- peanuts at time of serving

Dairy / Eggs

- 5 eggs
- ½ cup parmesan cheese grated
- 300 g mozzarella cheese
- 1 cup cream cheese
- 2 cups shredded cheddar cheese

Meats / Seafood

- 1 lb lean ground beef
- 4 lbs boneless chicken thighs
- 2 cups cooked and diced chicken (I used a rotisserie chicken.)

Frozen Foods

- 150 g (½ package) frozen spinach
- 2 cups frozen corn
- 1 cup frozen green peas