

Shopping List

ITEMS

Produce

- spring mix
- beets cooked, cooled, and peeled *see note 1 for Turmeric Falafel Bowl
- dates cut into quarters
- 8 cloves garlic
- 1.5 lbs mushrooms + 1 lb sliced mushrooms
- side of veggies (One Pan Creamy Chicken and Mushrooms)
- 1 head cabbage
- ½ to 1 bunch green onions

Bread / Peanut Butter / Jams

- ¼ cup almond butter

Canned / Packaged Goods

- 1 cup chicken broth or 1 cup water and 1 tsp bouillon paste
- 1 can (340 ml or 11.5 oz) evaporated milk
- 1 can tuna
- 2 packages instant noodles ramen
- 2 packages instant noodle seasonings

Baking Needs

- 1 ¼ cup canola oil
- 2 tbsp cornstarch
- ½ cup sesame oil

Spices

- 1 tbsp turmeric
- ½ tsp onion powder
- 1 tsp basil
- ½ tsp thyme
- ⅛ tsp chili flakes
- ½ cup sesame seeds

Grains / Rice

- cooked rice, quinoa, or pasta
- 3 cups cooked brown rice

Condiments / Dressings

- ⅓ cup apple cider vinegar
- 4 tbsp soy sauce
- 1 cup salsa

International

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

Snacks / Chips / Candy

- 1 ½ cups almonds

Dairy / Eggs

- 2 tbsp butter
- 1 ½ cups shredded cheddar cheese
- hard-boiled eggs

Meats / Seafood

- 1.5 lbs chicken breasts or chicken thighs

Frozen Foods

- 1 ½ cups frozen corn
- 2 cups edamame beans

Other

- falafels
- ⅓ cup nutritional yeast
- ¼ cup tahini