Shopping List

ITEMS

Produce

- ☐ 1 onion + ½ cup onion chopped
- ☐ 1 medium sized red onion
- ☐ 14 cloves garlic
- ☐ 1 tsp lemon juice
- ☐ 2 carrots
- ☐ ½ lb snap peas
- ☐ 2 apples
- ☐ 4 cups arugula
- ☐ 4 cups chopped romaine lettuce
- ☐ 2 stalks celery
- ☐ 1 green onion + sliced green onions for serving
- ☐ 3 tbsp lemon juice
- ☐ 3 cups cherry tomatoes

Canned / Packaged Goods

- ☐ 1 tbsp beef bouillon
- ☐ 1 tbsp chicken bouillon paste (Better Than Bouillon)
- ☐ 1 can sliced mushrooms (284 ml or 10 oz)
- ☐ 1 can tuna

Pasta / Sauce

- ☐ 6 oz egg noodles (3 cups)
- ☐ 10 oz farfalle “bow ties” (4-5 cups)

Baking Needs

- ☐ 4 tbsp canola oil
- ☐ 2 tbsp brown sugar
- ☐ 1 tbsp sesame oil
- ☐ 4 tbsp corn starch
- ☐ 1 tbsp maple syrup

Spices

- ☐ ½ tsp ginger

- ☐ sesame seeds (optional) for serving
- ☐ ½ tsp onion powder
- ☐ ½ tsp garlic powder
- ☐ 1 tsp basil
- ☐ 1 tsp oregano

Grains / Rice

- ☐ cooked brown rice for serving

Condiments / Dressings

- ☐ 2 tbsp soy sauce
- ☐ ½ tsp whole grain mustard

International

- ☐ ¼ cup panko crumbs or potato chips (optional)

Snacks / Chips / Candy

- ☐ ¼ cup pumpkin seeds (pepitas)
- ☐ 3 tbsp dried cranberries

Dairy / Eggs

- ☐ ¾ cup milk
- ☐ 100 g grated cheddar cheese (1 cup)
- ☐ ½ cup shredded cheddar cheese
- ☐ 1 egg
- ☐ 1 cup ricotta cheese
- ☐ ¾ cup cream cheese (5 oz)

Meats / Seafood

- ☐ 1 lb flank steak thinly sliced
- ☐ 3 slices bacon

Frozen Foods

- ☐ 1 cup frozen green peas