

Shopping List

ITEMS

Produce

- 2 ripe avocados
- 1-2 limes (choose 2 if they are on the small size) + 2 tbsp lime juice
- limes (Easy One Pan Pad Thai)
- ¼ cup finely diced red onion + 1 cup chopped red onion
- finely diced red onion (Guacamole Bowls)
- diced tomatoes
- 2 onions
- 9-10 cloves garlic
- 1 carrot
- 200 g (7 oz) bean sprouts
- green onions
- 2 mangoes
- 1 large or 2 small red peppers
- 1 handful fresh cilantro
- 1 thai chili

Canned / Packaged Goods

- 1 can tuna

Baking Needs

- 1 tbsp sesame or peanut oil
- 3 tbsp canola oil
- 1 tbsp + 2 tsp sugar

Spices

- dash of cayenne pepper
- ½ tsp chili flakes

Grains / Rice

- cooked brown rice (Guacamole Bowls)
- 3 cups cooked brown rice
- 1 cup quinoa uncooked

Condiments / Dressings

- 1 cup salsa

International

- 2 tbsp fish sauce
- 2 tbsp oyster sauce
- 250 g (½ lb) flat rice noodles (shaped more like fettuccine)

Snacks / Chips / Candy

- chopped peanuts
- 1 cup cashews

Dairy / Eggs

- shredded cheese (cheddar, monterey jack, or mozza)
- 1 ½ cups shredded cheddar cheese
- 1 egg

Meats / Seafood

- cooked (thinly sliced, pulled, or shredded) chicken
- 225 g (½ lb) shrimp or very thinly sliced chicken or pork
- shrimp for Mango Quinoa Salad (optional)

Deli

- 100 g (3 oz) extra-firm tofu

Frozen Foods

- thawed frozen corn kernels (Guacamole Bowls)
- 1 ½ cups frozen corn

Beverages

- ½ cup mango or orange juice