

Shopping List

ITEMS

Produce

- cucumbers
- lettuce
- 13 cloves garlic
- ¼ cup chopped parsley
- 3 large onions
- ⅓ cup chopped red onion
- 2 tbsp grated fresh ginger
- 3 small green chilis (thai chilis or birds eye chilis)
- 2 mangoes or 4 peaches
- fresh cilantro for serving
- 4 large mushrooms
- 4 bell peppers any colour + 2 large red peppers

Bread / Peanut Butter / Jams

- pitas
- ½ cup peach or mango jam

Canned / Packaged Goods

- pickled turnips (optional)
- 2 x 28oz can diced tomatoes
- 1 156 ml can or ⅓ cup tomato paste
- 6 cups cooked chickpeas or 4 cans
- ½ tsp mango powder amchoor or substitute 1 tbsp lemon juice
- 2 tsp vegetable bouillon

Baking Needs

- 1 tbsp olive oil
- 5 tbsp canola oil
- 1 ½ cup flour (either all-purpose flour or a gluten free mix works)
- 1 tsp baking powder
- 1 tbsp brown sugar

Spices

- 1 tbsp + 1 ½ tsp coriander
- ½ tsp black pepper
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tbsp + 1 tsp chili powder
- ½ tsp chili flakes
- 1 tbsp + 1 ¼ tsp cumin
- 2 tsp oregano
- ½ tsp basil
- ¾ tsp garlic powder
- ¼ tsp onion powder

Grains / Rice

- rice for serving
- 1 cup quinoa uncooked

Condiments / Dressings

- 1 cup salsa

Dairy / Eggs

- feta
- 2 eggs
- 2 tbsp butter or ghee (optional but adds a richer flavour)
- 2 tbsp parmesan cheese
- 1 cup mozzarella cheese

Meats / Seafood

- 1 ½ lbs pork loin

Deli

- tzatziki
- 100 g pepperoni

Other

- 1 tbsp tahini or sesame seeds