

Shopping List

ITEMS

Produce

- 5 onions
- chopped cilantro (optional)
- 10 cloves garlic + 1 head of garlic
- 1 carrot
- 200 g (7 oz) bean sprouts
- limes
- green onions
- 1 small eggplant
- 1 medium zucchini
- 8 medium mushrooms
- 3 red peppers

Canned / Packaged Goods

- 2 (798 ml or 27 oz) cans diced tomatoes
- 1 (156 ml) can tomato paste
- 3 cups cooked or canned black beans
- 1 chipotle pepper in adobo sauce
- 1 tbsp vegetable bouillon (I like the Better Than Bouillon brand)

Baking Needs

- 1 tbsp sesame or peanut oil
- ¼ cup + 5 tbsp canola oil
- 2 tsp sugar

Spices

- 2 tsp garlic powder
- 2 tsp chili powder
- 1 tsp chili flakes
- 4 tsp oregano
- 1 tsp cumin
- 1 ½ tsp basil or a handful of fresh basil ribboned

Grains / Rice

- 1 ½ cups dry quinoa

Condiments / Dressings

- 1 cup salsa

International

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

Snacks / Chips / Candy

- tortilla chips for serving (optional)
- chopped peanuts

Dairy / Eggs

- 1 cup shredded cheddar cheese (optional)
- 6 eggs
- ⅓ cup crumbled feta cheese

Meats / Seafood

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- 225 g (½ lb) shrimp or very thinly sliced chicken or pork

Deli

- 100 g (3 oz) extra-firm tofu

Frozen Foods

- 2 cups frozen corn