

# Shopping List

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## ITEMS

### Produce

- 4 ½ tsp lemon juice
- 2 tbsp lime juice
- 16 cloves garlic
- 5 ½ cups fresh spinach
- 1 tsp lemongrass paste
- 1 red chili
- 2 red peppers
- 5 large carrots
- 3 medium onions
- 2 lbs potatoes
- ½ cup sundried tomatoes

### Bread / Peanut Butter / Jams

- 390 g ciabatta bread or rolls

### Canned / Packaged Goods

- 1 cup marinated artichokes
- 1 tbsp chicken Better Than Bouillon
- 1 tbsp bouillon paste (chicken or vegetarian)
- 1 796 ml can diced tomatoes
- 1 155 ml can tomato paste
- 1 can (680 ml or 23 oz) tomato sauce
- 1 cup peach puree
- 4 ½ cups cooked chickpeas

### Baking Needs

- 2 tablespoons brown sugar
- 5 tbsp sugar
- 1 tbsp sesame oil
- 3 tbsp olive oil
- 3 tbsp canola oil or other light tasting oil or butter

### Spices

- 2 tsp oregano
- ½ tsp onion powder
- ½ tsp ginger
- 2 tbsp smoked paprika
- 2 tsp ancho chili powder
- ½ tsp chili powder
- ¼ tsp chili flakes
- 1 tsp coriander
- dash of cinnamon
- dash of ground cloves
- 1 tbsp garam masala
- 1 tbsp turmeric
- 3 tsp cumin

### Grains / Rice

- 1 ¼ cups dry quinoa

### Condiments / Dressings

- 1 tbsp soy sauce
- 1 tsp Sriracha chili sauce
- ¼ cup + 2 tbsp vinegar

### International

- 4 tbsp fish sauce

### Dairy / Eggs

- 1 cup feta cheese
- ½ cup milk
- 1 egg

### Meats / Seafood

- 1 ½ cups navy beans or 1 can, drained and rinsed OR 1 ½ cups cooked and diced chicken breasts
- 0.75 lbs pork loin or pork tenderloin
- 1 lb 450 to 500g ground pork

### Frozen Foods

- 2 cups frozen peas

### Beverages

- ¼ cup white wine (optional, but highly recommended)
- 2 tbsp red wine (optional)