

# Shopping List

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## ITEMS

### Produce

- ☐ 3 medium onions
- ☐ 1 ½ cups sliced green onions
- ☐ 1 tsp lemon juice
- ☐ 4 carrots + 3 cups shredded carrots (about 3 carrots)
- ☐ ½ lb snap peas + 3 cups snap peas
- ☐ 1 apple
- ☐ 17-19 garlic cloves
- ☐ 1 cup fresh or frozen pineapple chunks
- ☐ optional: 1 tsp fresh ginger grated (NOT powdered ginger!)
- ☐ 3 cups chopped broccoli
- ☐ 3 cups sliced mushrooms
- ☐ 3 cups roughly chopped bell peppers
- ☐ 4 medium sized roma tomatoes
- ☐ handful of basil leaves sliced into ribbons
- ☐ 2 lbs potatoes
- ☐ ½ cup sundried tomatoes

### Bread / Peanut Butter / Jams

- ☐ 2 tbsp honey

### Canned / Packaged Goods

- ☐ 1 tbsp beef bouillon
- ☐ 1 tbsp bouillon paste (chicken or vegetarian)
- ☐ 1 796 ml can diced tomatoes
- ☐ 1 155 ml can tomato paste
- ☐ 1 cup peach puree
- ☐ 1 ½ cups cooked chickpeas or canned

### Pasta / Sauce

- ☐ 6 packages (210g each) of NuPasta spaghetti (or sub in 10 oz spaghetti noodles - dry weight - boiled and drained)

### Baking Needs

- ☐ 4 tbsp canola oil
- ☐ ¼ cup + 1 tbsp olive oil
- ☐ 3 tbsp sesame oil
- ☐ 4 tbsp corn starch
- ☐ 2 ¼ tsp yeast
- ☐ 2 ½ cups all purpose flour
- ☐ 2 tbsp + 1 tsp brown sugar

## Spices

- ☐ ½ tsp ginger
- ☐ sesame seeds for topping
- ☐ 1 tbsp garam masala
- ☐ 1 tbsp turmeric
- ☐ 2 tsp cumin
- ☐ ¼ tsp chili flakes

## Grains / Rice

- ☐ cooked brown rice for serving

## Condiments / Dressings

- ☐ ¼ cup + 2 tbsp soy sauce

## International

- ☐ ¼ cup mirin

## Dairy / Eggs

- ☐ 300 g (10 oz) mozzarella cheese, shredded
- ☐ parmesan cheese for sprinkling

## Meats / Seafood

- ☐ 1 lb flank steak thinly sliced
- ☐ 1 ½ lbs raw chicken breasts

## Frozen Foods

- ☐ 2 cups frozen peas