

Shopping List

ITEMS

Produce

- 8 stalks celery
- 18 cloves garlic
- 4 lbs sweet potato
- 2 cups chopped kale
- 1 cup fresh cilantro
- 5 large onions
- 200 g (7 oz) bean sprouts
- limes
- green onions
- 3 medium tomatoes quartered (or 1 can diced tomatoes)
- 3 carrots
- green beans

Bread / Peanut Butter / Jams

- 1 cup peanut butter
- 2 tsp honey

Canned / Packaged Goods

- 2 tbsp chicken bouillon paste
- 2 cups beef broth
- 2 cans diced tomatoes (796 ml each)
- 1 cup dried split red lentils

Baking Needs

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

Spices

- 2 tsp oregano
- ½ tsp chili flakes
- 3 ½ tsp cumin
- 2 ½ tsp coriander

- 1 ½ tsp cinnamon
- ⅛ tsp ground cloves
- ⅛ tsp cayenne pepper
- 1 ½ tsp ginger
- ½ tsp turmeric

Grains / Rice

- brown rice

International

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

Snacks / Chips / Candy

- chopped peanuts
- ¾ cup raisins
- ¾ cup dried apricots cut into quarters

Dairy / Eggs

- 1 egg

Deli

- 100 g (3 oz) extra-firm tofu

Meats / Seafood

- 3-4 cups cooked chicken or turkey
- 225 g (½ lb) shrimp or very thinly sliced chicken or pork
- 1 lb lean ground beef