

Shopping List

ITEMS

Produce

- 15 cloves garlic
- 1 large carrot + grated carrots
- julienned apple slices
- green onions
- cilantro
- 1 handful fresh oregano (or 2 tbsp dried)
- broccoli florets + 2 cups chopped broccoli
- ½ cup lemon juice
- 1 red pepper
- 1 cucumber
- 3 cups cherry tomatoes + 1 cup chopped cherry tomatoes
- 1 medium sized red onion + 1 small red onion

Pasta / Sauce

- 10 oz farfalle “bow ties” (4-5 cups)

Baking Needs

- 1 ¼ cup canola oil
- ¼ cup sesame oil
- ½ cup + 2 tbsp olive oil
- 2 tbsp + 2 tsp sugar

Spices

- sesame seeds
- 1 ½ tsp basil
- ½ tsp dried thyme
- 1 tsp oregano

Grains / Rice

- cooked rice
- 1 ½ cups dried quinoa

Condiments / Dressings

- 6 tbsp soy sauce
- $\frac{3}{4}$ cup + 3 tbsp vinegar
- 2 tbsp red wine vinegar

International

- rice paper wrappers
- vermicelli noodles

Snacks / Chips / Candy

- 1 $\frac{1}{2}$ cups walnut halves
- sunflower seeds

Dairy / Eggs

- 1 cup crumbled feta cheese
- 1 cup ricotta cheese
- $\frac{3}{4}$ cup cream cheese (5 oz)

Meats / Seafood

- grilled chicken or from a rotisserie chicken
- 2 chicken breasts

Other

- $\frac{2}{3}$ cup nutritional yeast
- 4 tbsp tahini or sesame seeds