

# Shopping List

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## ITEMS

### Produce

- 8-10 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
- 1 ½ cups sliced green onions
- green onions (Mexican Stuffed Baked Potatoes)
- 3 cups shredded carrots (about 3 carrots)
- 3 cups roughly chopped bell peppers + 3 large red peppers
- 3 cups snap peas
- pre-baked potatoes (Mexican Stuffed Baked Potatoes)
- 2 large onions
- 2 mangoes or 4 peaches
- fresh cilantro for serving

### Bread / Peanut Butter / Jams

- 2 tbsp honey
- ½ cup peach or mango jam

### Canned / Packaged Goods

- 1 tbsp vegetable bouillon
- black beans (Mexican Stuffed Baked Potatoes)
- 1 ½ cups black beans or 1 can

### Pasta / Sauce

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

### Baking Needs

- 2 tbsp sesame oil
- 3 tbsp canola oil
- 2 tbsp corn starch

## Spices

- sesame seeds for topping
- 1 tbsp chili powder
- ¼ tsp chili flakes
- ½ tsp garlic powder
- 1 ¼ tsp cumin
- 2 ½ tsp oregano

## Grains / Rice

- rice for serving
- 1 cup dry quinoa

## Condiments / Dressings

- ¼ cup soy sauce
- salsa (Mexican Stuffed Baked Potatoes)
- 2 cups salsa

## International

- ¼ cup mirin
- 1 chipotle pepper in adobo sauce

## Dairy / Eggs

- shredded cheddar cheese (Mexican Stuffed Baked Potatoes)
- sour cream (Mexican Stuffed Baked Potatoes)

## Meats / Seafood

- 1 ½ lbs raw chicken breasts
- 1 ½ lbs pork loin

## Frozen Foods

- 1 cup frozen corn
- frozen corn (Mexican Stuffed Baked Potatoes)