

Shopping List

ITEMS

Produce

- 2 large carrots
- 1 bell pepper any colour
- 2 cups chopped broccoli
- 14 cloves garlic
- one thumb sized chunk of ginger + 1 tbsp grated fresh ginger
- 2 onions
- 1 tbsp lemongrass paste
- 1 lb potatoes (about 3 medium-sized potatoes)
- spring mix
- beets cooked, cooled, and peeled *see note 1 for Turmeric Falafel Bowl
- dates cut into quarters

Canned / Packaged Goods

- 3 cups cooked chickpeas or 2 cans
- 1 can coconut milk
- 1 can tuna

Baking Needs

- 1 cup canola oil
- 3 tbsp sesame oil
- ¼ cup flour
- ¼ cup + 1 tbsp cornstarch
- ¼ cup white sugar

Spices

- 1 tsp chili flakes
- ½ tsp garlic powder
- ½ tsp ginger (powdered)
- ½ tsp curry powder
- 1 tsp coriander
- 1 tbsp + 1 tsp turmeric
- ½ tsp onion powder

Grains / Rice

- rice (My preference is a short grain brown rice.)
- 3 cups cooked brown rice

Condiments / Dressings

- 1 tbsp mayo
- ¼ cup vinegar
- ⅓ cup apple cider vinegar
- ¼ cup soy sauce
- 1 cup salsa

International

- 1 tsp fish sauce (optional)

Dairy / Eggs

- 1 egg
- 1 ½ cups shredded cheddar cheese

Meats / Seafood

- 1 lb flank steak

Frozen Foods

- ½ package (150g) frozen spinach
- 1 ½ cups frozen corn

Other

- falafels
- ⅓ cup nutritional yeast
- ¼ cup tahini