

Shopping List

ITEMS

Produce

- spring mix
- 8 cups field greens
- beets cooked, cooled, and peeled *see note 1 for Turmeric Falafel Bowl
- 5-6 small-medium beets
- dates cut into quarters
- 14 cloves garlic
- 1 tsp lemongrass paste
- 1 large carrot
- 2 tbsp lime juice
- 1 red chili
- 1.5 lbs baby new potatoes
- 12 large stalks asparagus
- 1 large red onion
- 1 ½ cups cherry or grape tomatoes cut in half

Baking Needs

- ¾ cup canola oil
- ¼ cup olive oil
- 6 tbsp olive or canola oil
- 1 tbsp sesame oil
- 5 tbsp sugar
- 2 tbsp + 4 tsp brown sugar

Spices

- 1 tbsp turmeric
- ½ tsp onion powder
- ½ tsp ginger
- 1 tbsp dried rosemary

Grains / Rice

- 1 cup quinoa uncooked (or 2 cups cooked)

Condiments / Dressings

- ⅓ cup apple cider vinegar
- 2 tbsp soy sauce
- 1 tsp Sriracha chili sauce
- ¼ cup + 2 tbsp vinegar
- ¾ cup balsamic vinegar
- ¼ cup + 1 ½ tsp syrup

International

- 4 tbsp fish sauce

Snacks / Chips / Candy

- 1 cup walnuts, almonds, or pecans

Dairy / Eggs

- 1 ½ tsp butter or oil (coconut, olive, or canola)
- ½ cup crumbled feta

Meats / Seafood

- 0.75 lbs pork loin or pork tenderloin
- 2 large chicken breasts

Other

- falafels
- ⅓ cup nutritional yeast
- ¼ cup tahini