

Shopping List

ITEMS

Produce

- 1 lb (454g) broccoli
- broccoli florets (Sesame Chicken Rice Bowl)
- 2 cloves garlic
- grated carrots (Sesame Chicken Rice Bowl)
- 2 large bell peppers or 3 small ones any colour
- 1 large onion
- 1 lime
- pre-baked potatoes (Mexican Stuffed Baked Potatoes)
- green onions (Mexican Stuffed Baked Potatoes)

Canned / Packaged Goods

- 1 can black beans (or 1 ½ cups cooked)
- black beans (Mexican Stuffed Baked Potatoes)

Pasta / Sauce

- 12 oz (340g) dry macaroni noodles

Baking Needs

- ¼ cup cornstarch
- ½ cup + 3 tbsp canola oil
- ¼ cup sesame oil

Spices

- sesame seeds (Sesame Chicken Rice Bowl)
- 2 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp cumin

Grains / Rice

- cooked rice (Sesame Chicken Rice Bowl)

Condiments / Dressings

- 3 tbsp vinegar
- 3 tbsp soy sauce
- salsa (Mexican Stuffed Baked Potatoes)

Snacks / Chips / Candy

- ¾ cup walnut halves

Dairy / Eggs

- ¼ cup butter
- 1 ½ cups milk
- 2 eggs
- 200 g (7 oz) cheddar cheese
- shredded cheddar cheese (Mexican Stuffed Baked Potatoes)
- sour cream (Mexican Stuffed Baked Potatoes)

Meats / Seafood

- grilled chicken or from a rotisserie chicken (Sesame Chicken Rice Bowl)
- 2 large chicken breasts or 3-4 smaller ones

Frozen Foods

- frozen corn (Mexican Stuffed Baked Potatoes)

Other

- ⅓ cup nutritional yeast
- 2 tbsp tahini or sesame seeds