

# Shopping List

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## ITEMS

### Produce

- ½ cup thinly sliced red cabbage
- ⅓ cup mango chunks
- 2 mangoes or 4 peaches
- ¼ cup julienned carrots
- 1 tbsp chopped fresh basil \*optional
- 2 large onions
- 3 large red peppers
- fresh cilantro for serving
- 4 ½ tsp lemon juice
- 5 cloves garlic
- 1 ½ cups fresh spinach ribboned + ½ cup fresh spinach

### Bread / Peanut Butter / Jams

- 2 tbsp + 2 tsp peanut butter
- ½ cup peach or mango jam
- 8 whole grain wraps

### Canned / Packaged Goods

- ⅓ cup edamame beans
- 1 cup marinated artichokes diced
- 1 cup black beans

### Baking Needs

- ½ cup + 1 tbsp + 1 tsp canola oil

### Spices

- 1 tbsp chili powder
- 2 tsp oregano
- ½ tsp garlic powder
- ¼ tsp cumin
- ½ tsp onion powder

## Grains / Rice

- ⅓ cup cooked barley or quinoa, couscous, or other grain
- 1 ¼ cups dry quinoa
- rice for serving (Spicy Pork with Mangos and Rice)

## Condiments / Dressings

- 2 tbsp + 2 tsp soy sauce
- 2 tbsp + 2 tsp apple cider vinegar
- 2 cups salsa

## International

- 2 tbsp + 2 tsp sesame oil

## Snacks / Chips / Candy

- ¼ cup roasted and salted peanuts

## Dairy / Eggs

- 1 cup feta cheese
- 1 cup mozzarella cheese shredded
- 8 slices cheese
- ½ cup + 2 tbsp milk
- 9 eggs

## Beverages

- ¼ cup white wine (optional, but highly recommended)

## Meats / Seafood

- 1 ½ lbs pork loin
- 1 ½ cups navy beans or 1 can OR 1 ½ cups cooked and diced chicken breasts

## Other

- 2 tbsp + 2 tsp nutritional yeast flakes