

# Shopping List

---

## Produce

- 12 bell peppers + 1 red pepper
- 18 stalks celery
- 13 carrots
- 9 cloves garlic
- julienned apple slices
- green onions
- 1 jalapeno
- 3 cups pineapple pieces fresh or frozen
- 1 large red onion
- 8 cups shredded cabbage
- 1 cup chopped fresh cilantro
- cilantro (Summer/Salad Rolls)
- 1 tbsp lime juice
- 2 cups guacamole
- 2 cups shredded lettuce
- 1 tomato diced (about 1 cup)

## Bread / Peanut Butter / Jams

- tortillas (corn or wheat) for serving

## Canned / Packaged Goods

- 6 cans diced pineapple
- 6 cans diced tomatoes (798 ml or 27 oz each)
- 1.5 cups cooked black beans or 1 can

## Baking Needs

- $\frac{3}{4}$  cup cornstarch
- 6 tbsp brown sugar
- 2 tbsp sugar
- $\frac{3}{4}$  cup + 2 tbsp canola oil

## Spices

- 6 tsp garlic powder
- 1  $\frac{1}{2}$  tsp black pepper
- 1 tsp cumin
- $\frac{1}{2}$  tsp smoked paprika

- 1 tbsp + 1 tsp chili powder
- ½ tsp oregano

## Grains / Rice

- cooked rice

## Condiments / Dressings

- 9 tbsp soy sauce
- ¼ cup + 3 tbsp vinegar
- 2 tbsp buffalo hot sauce (Franks)
- ¼ cup mayo
- ½ cup salsa

## International

- rice paper wrappers
- vermicelli noodles

## Snacks / Chips / Candy

- ¾ cup walnut halves
- sunflower seeds
- toasted pita wedges or tortilla chips for dipping

## Dairy / Eggs

- 1 ½ cups plain yogurt
- Cotija or feta cheese for serving (optional)
- 1 cup cottage cheese
- 1 cup shredded cheddar cheese

## Meats / Seafood

- 6 lbs farmer sausage
- 2 lbs boneless chicken breasts, thighs (frozen or fresh)

## Other

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