

Shopping List

Produce

- 7-9 garlic cloves
- 1 cup fresh or frozen pineapple chunks
- optional: 1 tsp fresh ginger grated (NOT powdered ginger!)
- 3 cups chopped broccoli
- 3 cups sliced mushrooms + 1 lb sliced mushrooms
- 1 ½ cups sliced green onions + ½ to 1 bunch green onions
- 3 cups shredded carrots (about 3 carrots) + ¼ cup julienned carrots
- 3 cups roughly chopped bell peppers + 1 large red pepper
- 3 cups snap peas
- 1 head cabbage
- ½ cup thinly sliced red cabbage
- ½ cup fresh spinach
- ⅓ cup mango chunks
- 1 tbsp chopped fresh basil *optional
- 1 onion

Bread / Peanut Butter / Jams

- 2 tbsp honey
- 2 tbsp + 2 tsp peanut butter
- ¼ cup almond butter

Canned / Packaged Goods

- 1 ½ cups cooked or canned black beans
- ⅓ cup edamame beans
- 2 packages instant noodles ramen
- 2 packages instant noodle seasonings
- 1 can tomatoes (796 ml)
- 1 can tomato paste (156 ml)

Pasta / Sauce

- 6 packages (210g each) of NuPasta spaghetti (or sub in 10 oz spaghetti noodles - dry weight - boiled and drained)

Baking Needs

- 2 tbsp corn starch

- 1 cup canola oil

Spices

- ½ cup sesame seeds + some for topping
- 2 tsp garlic powder
- 2 tsp chili powder
- 1 tsp oregano
- ¼ tsp chili flakes

Grains / Rice

- ⅓ cup cooked barley or quinoa, couscous, or other grain
- ½ cup quinoa

Condiments / Dressings

- ½ cup + 1 tbsp + 2 tsp soy sauce
- 2 tbsp + 2 tsp apple cider vinegar

International

- ¼ cup mirin
- ¼ cup mirin or 4 tbsp vinegar and 1 tbsp sugar
- ¾ cup + 2 tsp sesame oil

Snacks / Chips / Candy

- ¼ cup roasted and salted peanuts
- 1 ½ cups almonds
- tortilla chips for serving (optional)

Dairy / Eggs

- hard-boiled eggs
- 1 cup shredded cheddar cheese (optional)

Meats / Seafood

- 1 ½ lbs raw chicken breasts
- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)

Frozen Foods

- 1 cup frozen corn
- 2 cups edamame beans

Other

- 2 tbsp + 2 tsp nutritional yeast flakes