

Bakery

- ☐ Bread 8 slices

Miscellaneous

- ☐ Hummus 1.5 cups

Frozen Foods

- ☐ Frozen chopped spinach 0.5lb

Baking

- ☐ Baking soda $\frac{1}{4}$ tsp
- ☐ Brown sugar 1 tbsp
- ☐ Cornstarch 4 tbsp

Meat

- ☐ Ground beef 2lb
- ☐ Tofu 42oz (3 blocks)

Fruits

- ☐ Avocado 3.25 units

Rice, Cereal & Legumes

- ☐ Cooked rice 5 cups

Vegetables

- ☐ Bell pepper 4 units
- ☐ Broccoli 1 bunch
- ☐ Button mushrooms 8oz
- ☐ Carrots 3 units
- ☐ Cilantro 1 handful
- ☐ Garlic 11 cloves
- ☐ Ginger 2 tbsp
- ☐ Grape tomatoes 36 units
- ☐ Green onions 7 units
- ☐ Red bell pepper 5 units
- ☐ Red cabbage $\frac{1}{4}$ head
- ☐ Spinach 10 cups
- ☐ Yellow onion 3 small

Canned Goods

- ☐ Black beans 1 can (15oz)
- ☐ Diced tomatoes 3 cans (15oz each)
- ☐ Kidney beans 1 can (15oz)
- ☐ Tomato paste 1.5 cups
- ☐ Tomato sauce 1 can (8oz)
- ☐ Vegetable broth 7.25 cups

Condiments & Spices

- ☐ Black pepper 1 pinch
- ☐ Canola oil 1tbsp
- ☐ Cayenne powder $\frac{1}{4}$ tsp
- ☐ Chili garlic sauce 1tbsp
- ☐ Chili powder 2.5tsp
- ☐ Crushed red pepper 2 pinches
- ☐ Dried oregano $\frac{1}{4}$ tsp
- ☐ Extra-virgin oil 3tbsp
- ☐ Garlic powder $\frac{1}{4}$ tsp
- ☐ Ground cumin 1tsp
- ☐ Honey 1tbsp
- ☐ Neutral oil 1tbsp
- ☐ Olive oil 3tbsp
- ☐ Onion powder $\frac{1}{2}$ tsp

- ☐ Reduced-sodium soy sauce $\frac{1}{4}$ cup + 1tbsp
- ☐ Rice vinegar 1.5-2tbsp
- ☐ Salt 2.5tsp
- ☐ Sesame oil 1tbsp
- ☐ Sesame seeds 2tbsp
- ☐ Smoked paprika $\frac{1}{2}$ tbsp
- ☐ Soy sauce 1.5tbsp
- ☐ Sweet chili sauce $\frac{1}{2}$ cup

Dairy

- ☐ Butter 0.8lb (360g)
- ☐ Egg 12 units
- ☐ Feta cheese 2oz
- ☐ Shredded cheese 1.5 cups
- ☐ Shredded mozzarella 2 cups

Beverages

- ☐ Water 1 cup