

Bakery

- ☐ Hoagie rolls 4 units
- ☐ Panko 1 cup

Miscellaneous

- ☐ Tofu 1 block

Canned Goods

- ☐ Chicken broth 3 cups
- ☐ Crushed tomatoes 15oz
- ☐ Vegetable broth 8 cups

Condiments & Spices

- ☐ Chili (fresno, jalapeño, or serrano) 1 unit
- ☐ Curry powder 5tsp
- ☐ Ginger 1tsp
- ☐ Olive oil 2tbsp
- ☐ Rice vinegar 3tbsp
- ☐ Salsa verde 3 cups
- ☐ Salt and pepper to taste
- ☐ Sauce (Kale pesto, etc.) 1 jar
- ☐ Sesame oil 1tbsp
- ☐ Soy sauce or tamari 1tbsp
- ☐ Tzatziki 1 cup

Dairy

- ☐ Baked tofu 1 package (7-8oz)
- ☐ Strained yogurt ½ cup

Beverages

- ☐ Coconut milk 14oz

Seafood

- ☐ Shrimp 1lb

Rice, Cereal & Legumes

- ☐ Chickpeas 15oz can
- ☐ Fried noodles 2 cups
- ☐ Parsley ½ cup
- ☐ Raisins cup

Vegetables

- ☐ Baby spinach 3 cups
- ☐ Bell pepper 3 units
- ☐ Carrots 4 large
- ☐ Cauliflower 1 large head
- ☐ Celery 2 stalks
- ☐ Cherry tomatoes 1.5 pounds
- ☐ Cilantro 1.5 cups
- ☐ Cucumber 2 medium
- ☐ Eggplant 1 medium
- ☐ Fennel bulb 1 medium
- ☐ Frozen shelled edamame 2 cups
- ☐ Green cabbage 6 cups
- ☐ Jalapeño 3 units
- ☐ Kale 2 cups
- ☐ Mushrooms 16 ounces
- ☐ Napa or green cabbage 12 ounces
- ☐ Onion 1.5 units
- ☐ Scallions 8 units
- ☐ Yellow potato 1 medium-large

Baking

- ☐ Maple syrup 2tbsp

Meat

- ☐ Chicken breasts (or thighs) 1lb
- ☐ Ground beef 1lb

Fruits

- ☐ Apple 1 unit
- ☐ Avocado 1 unit
- ☐ Kalamata olives cup
- ☐ Lemon 1 unit
- ☐ Lemon juice 3 tbsp
- ☐ Pineapple 2 cups

Snacks

- ☐ Almonds cup
- ☐ Walnuts 4oz (113g)