

GROCERY LIST

PRODUCE

- 12 LARGE PORTOBELLO MUSHROOMS
- 2 ORANGE BELL PEPPERS
- 2 170-G PKGS SNOW PEAS
- 5 CARROTS
- 3 AVOCADOS
- GINGER ROOT
- 1 HEAD ROMAINE
- 1 PINT CHERRY TOMATOES
- 1 BUNCH CILANTRO
- 1 BUNCH MINT
- 1 BUNCH PARSLEY
- 1 LEMON

PROTEIN

- 500 G LEAN GROUND BEEF
- BACON
- 500 G FAST-FRY BONELESS PORK CHOPS

DAIRY

- PLAIN YOGURT
- FETA CHEESE

BAKERY

- SMALL FLOUR TORTILLAS
- PITA BREAD

DRY GOODS

- LONG-GRAIN BROWN RICE
- SOBA NOODLES
- PANKO BREAD CRUMBS

PANTRY STAPLES

- CANOLA OIL
- OLIVE OIL
- SESAME OIL
- WHITE BALSAMIC VINEGAR
- WHITE VINEGAR
- RICE VINEGAR
- LOW-SODIUM SOY SAUCE
- HOISIN SAUCE
- SRIRACHA
- MAYONNAISE
- DIJON MUSTARD
- HONEY
- GARLIC
- 5 EGGS
- SALT & PEPPER
- CUMIN
- GRANULATED SUGAR
- WOODEN SKEWERS

Freeze any fish and meat you won't be using until later in the week. Thaw in the fridge overnight before cooking.