

EASY GROCERY LIST



What's Different?

- + Includes ready-made hardboiled eggs
- + Omits zest
- + Includes ready-made minced garlic & ginger
- + Omits ingredients for Orange Sauce
- + Includes ready-made Orange Sauce

FRESH MEAT/POULTRY

Chicken Breasts, boneless, skinless—8.7 lbs

DAIRY SECTION

Hardboiled Eggs—6 ea

PRODUCE - FRUIT

Lemon—1 ea

PRODUCE - VEGGIES/MISC

Green Beans—26 oz

Minced Garlic—4.5 oz

Onion, yellow or white—4 ea

English Cucumber (large)—3 ea

Red Cabbage (small - med head)—1 ea

Yellow Squash (med)—6 ea

Carrots (med)—5 ea

Bell Peppers (med)—3 ea

Minced Ginger Root—3.5 oz

Romaine Lettuce (large heads)—2 ea

Tomatoes (med)—8 ea

Avocado (large)—1 ea

White Miso Paste— .25 c

OILS/FATS

Avocado Oil—14 floz

Toasted Sesame Oil—5 floz

SEASONINGS/SPICES

Cumin, ground—3.5 tsp

Chili Powder (Aleppo, if possible)—7 tsp

Mint, dried—4.5 tsp

Smoked Paprika— .75 tsp

Garlic Powder— .5 tsp

Onion Powder— .5 tsp

Herbes de Provence—1 T

Everything Seasoning—4 tsp

Coriander, ground—2.5 tsp

Kosher Salt—1 c

Black Pepper— .25 c

SWEETENER

Honey— .75 c

CONDIMENTS/VINEGAR/ETC

Soy Sauce— .33 c (~3 floz)

Rice Vinegar—7.5 floz

Chili Crisp—1 T

Red Wine Vinegar— .25 c

Orange Sauce—4 c (32 floz)

PANTRY ITEMS

Farro—5.25 c

Canned Chickpeas (15 oz)—4 ea

Kalamata Olives—1.33 c

Tahini— .5 c

Wasabi-Soy Almonds— .75 c

JUICE

Orange Juice—19 floz

Lemon Juice—10 floz

