

## *Check your pantry*

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brown rice

Red wine vinegar

soy sauce

oyster sauce

fish sauce

olive oil

vegetable oil

sesame oil

4 cups chicken broth

chicken bouillon

cornstarch

cumin powder

paprika

oregano

coriander

thyme

salt & pepper (to taste)

white sugar

6 cloves garlic (minced)

Butter

## *Produce*

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1 1/2 lb New Potatoes

2 cups baby spinach

7 tomatoes

1 bunch Fresh Basil

2 Red onions

1 medium onions

- 3 Lemons
- 2 teaspoons ginger root
- 1 lime
- 1 bunch cilantro
- 1 bunch green onion
- 1 handful mint leaves
- 1 handful Thai basil leaves
- 1 handful sprouts
- 2 ripe avocados
- 1 English cucumber
- 1 small Roman lettuce
- 1 head broccoli
- 1 head cauliflower
- 1 cabbage
- 1 red pepper
- 1 green pepper

### *Dairy*

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- 8 oz soft tofu

### *Frozen Foods*

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- 1 cup Frozen corn

### *International & Ethnic*

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- 12 7 inch square spring roll wrappers (thawed)
- 1 pack vermicelli

### *Jams & Preserves*

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- 1 can artichoke hearts (14oz)
- 1 can diced tomato (14oz)

### *Meat & Poultry*

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- 4 Skinless & boneless chicken breast

- 1/2 lb ground pork
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### *Seafood*

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- 4 6oz tilapia fillets (or any white fish fillets)
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- 8 oz tiger shrimps
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- 2 squids
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- 3 6oz basa fillets
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- 10 to 12 fish balls
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