

Check your pantry

- olive oil
- 1/2 cup pasta
- 11 oz long grain rice
- chicken bouillon
- 6 cups chicken broth
- corn starch
- brown sugar
- sugar
- mustard
- oregano
- soy sauce
- sesame oil
- EVOO
- salt & pepper
- red food colouring
- 1 1/2 cup red rice mix (or any type of you prefer)

Produce

- 1 English cucumber
- 1 red pepper
- 1 bunch asparagus
- 1 green pepper
- 1 pint white mushroom
- 3 cups mixed greens
- 1 large carrot
- 1 mango
- 1/2 head cauliflower
- green leaf/romaine lettuce

2 tablespoons ginger

1 shallot

3 lemon

1 onion

1 rib celery

2 cloves garlic

1 bunch fresh flat leaf parsley

1 bunch cilantro

Cheese

4 oz Parmesan cheese

Dairy

2 tablespoons butter

1 packet fish tofu (10-12 pieces)

3/4 cups coconut milk (canned)

4 large eggs

Frozen Foods

1/4 cup frozen corn

Jams & Preserves

1 can cream of mushroom (1 cup)

Meat & Poultry

4 boneless and skinless chicken breasts

4 Chicken thighs/drumsticks

6 Italian sausages (slit skin and roll meat into 1/2 inch meat ball)

1 1/2 lb flank steak (sliced into strips)

Pasta & Noodles

1 lb spaghetti
