

	Specifics	How much do I need?
Fruits and Veggies	Onion--yellow or white	6 or 7 large
Organic, NON-GMO when possible.	Onion--red	1 large
	cherry or grape tomatoes	1 pint
	calamari tomatoes	4
	Garlic	2 or 3 heads
	Baby Kale	1 large container
	Spinach	1 large container
	Arugula	optional for salads
	Cabbage Head or bag of slaw	
	broccoli	optional for salads, steamed, roasted
	cauliflower	optional for salads, steamed, roasted
	asparagus	1 bunch
	green onion	1 or 2 bunches
	mushrooms	optional for salads, steamed, roasted
	portobello mushrooms	optional for salads, steamed, roasted
	yellow squash	optional for salads, steamed, roasted
	sweet potatoes	3 for recipe. optional for salads, steamed, and roasted
	beet	optional for salads, steamed, roasted
	parsley	
	bell pepper, red, green, yellow, orange	1 for recipe. More for salads, steamed, roasted
	celery	optional for salads, steamed, roasted
	cucumber	3 or 4 for toxic waste smoothie
	baby carrots	1 large bag
	lemon	About 8
	lime	optional for dressings, garnish, seasoning, flavoring water
	red grapes	optional for chicken/tuna salad and for snacking or fruit sides
	blueberries	optional for snacking and fruit sides
	bananas	optional for snacking and fruit sides
	pineapple	optional for snacking and fruit sides
	apples	optional for snacking and fruit sides
	ginger root	1 large chunk. You will use this in many dishes
	avocado	optional for snacking and salads
	jalapeno	1, optional
	cilantro	1 bunch for garnish and salads
Canned vegetables and beans		
	black beans	
	garbanzo beans	2 cans
	great northern white beans	
	chili beans	
	red beans	
	fire roasted diced or crushed tomatoes	
	tomato paste	
	marinara sauce	
	tomato salsa	
	black olives	1 small can for chicken salad, more for other salads and snacking
	artichoke hearts, in water	1 medium can or jar (I buy my jar at Sams)
	Coconut oil	1 c

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	Extra Virgin Olive Oil (for uncooked dishes) Avocado oil (for anything that is heated) NOTE: You shouldn't cook with EVOO. Use avocado, ghee, or coconut oil for cooking	Yes
	toasted sesame oil	1 T
Herbs and Spices		
	sea or kosher salt	yes
	crushed black pepper or whole pepper for a pepper mill	yes
	chipotle pepper flakes or hot pepper flakes	yes
	cayenne pepper ground	
	basil	
	oregano	2 t
	dill	
	cumin seeds	
	cumin ground	yes
	garam masala	1 T
	curry powder	2 T
	onion powder	
	dried onion	
	garlic powder	
	chili powder	
	turmeric	1 t
	cinnamon	1/4 t
	celery seeds	1 t
	celery salt	
	lemon grass I buy this from the asian market on campbell. It is in the frozen section in a small tub.	2 T
Meats, Dairy, Non-dairy refrigerator/freezer		
	deboned chicken thighs	1 pound. Any type of chicken you like if you are having chicken salad on Friday night.
	whole chicken	
	chicken breast	
	pork loin	
	bacon	
	prociutto	
	Salmon (fresh or frozen)	2 filets
	<i>salmon or mahi (these are available at SAMS), or veggie burgers</i>	
	<i>coconut milk, almond, or cashew milk</i>	1/2 gal
	butter	
	non-dairy sour cream	
	cream cheese	
	eggs	
	Kombucha	3 bottles, if drinking per menu
	Kimchi	
	Sauerkraut	
	tofu	
	soy sauce, low sodium, gluten free	1/4 c
	fish sauce	1 T
	sriracha	optional
	white miso	

	Specifics	How much do I need?
	tahini paste	
Canned meat and other		
	Tuna	2 cans, if making tuna salad Thursday at dinner
	chicken	
	Salmon	
	coconut milk--full fat, canned	1 can
Misc.		
	veg or chicken broth	4 c
	Hummus	optional for snacking
	Rice Cakes	
	nut butter--cashew or almond	1 jar
	Dark chocolate bar	
	basalmic vinegar TRY THE AGED BASALMIC FROM DOVE ON BRANSON LANDING. ANOTHER GOOD COMBO FOR DRESSING IS THEIR RED APPLE/TOASTED WALNUT.	optional for salad dressing. Suggest 18 year aged basalmic from Dove on the landing in Branson
	red wine vinegar	
	apple cider vinegar	
	rice wine vinegar	
	Toasted almonds	
	sunflower seeds	optional for salads
	pecans	
	walnuts	1/2 c
	pumpkin seeds	1/2 c
	brazil nuts	1/2 c
	sesame seeds	
	white wine	
	chia seeds	1/2 c
	protein powder hemp or your preferred	
	real lemon juice	
	real lime juice	
	red lentils	1 c
	quinoa or millet	
	Rice Vermacelli noodles	
	oatmeal	
	granola	
	honey	yes
	coconut water, with pulp	yes
	herbal tea, of choice	yes
	Green tea	yes
	Thai Kitchen Roasted Red Chili Paste	
	matcha	1/4 c if using in whole food smoothie
	anchovy paste	
Frozen Foods		
	Sweet corn	
	peas	
	mango	
	blueberries	4 c
	rasp or cherries	4 c

	Specifics	How much do I need?
	Other Fruit	
	Other Veg	