



# **WEEKLY SHOPPING LIST**



This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

<b>PRODUCE</b>	
Garlic	3 heads
Ginger	2 ½ cm / 1" piece
Green onion	4
White onion	1 small
Red onion	1 small
Lime	4
Pineapple	1
Red bell pepper	1 medium
Potato, preferably Yukon Gold	1 kg
Eggplant	2 medium
Spinach	450 g / 1 lb
<b>HERBS</b>	
Cilantro	1 bunch
<b>CONDIMENTS &amp; SPICES</b>	
Red wine vinegar	
Rice vinegar	
Peanut butter	
Maple syrup	
Sriracha sauce	
Coriander, ground	
Red pepper flakes	
<b>MEAT &amp; FISH</b>	
Chicken thighs, skinless and bone-in	680 g / 1½ lbs
Shrimp, large (31/35 count)	680 g / 1½ lbs
Pork tenderloin	900 g / 2 lbs
Tofu, firm	400 g
<b>CHEESE &amp; DIARY</b>	
Heavy cream	60 mL
Milk, whole	15 mL
<b>GRAINS &amp; PASTA</b>	
White rice, long grain	400 g
<b>MISCELLANEOUS</b>	
White wine	375 mL (half bottle)
Corn tortillas	12
Olives, green	
Prunes, pitted	
Capers	
Peanuts, dry-roasted	

**MAKE SURE YOU HAVE THE INGREDIENTS FROM THE PANTRY ESSENTIALS**