

Your Cook Once **SHOPPING LIST****VEGGIES & FRUITS**

- 1 bunch fresh basil
- ¼ bunch fresh cilantro
- ¼ bunch fresh dill
- 1 head broccoli
- 4 oz Brussels sprouts
- 1 small green cabbage
- 1 small red cabbage
- 5 large carrots
- 1 cucumber
- 1 bag frozen shelled edamame
- 1 eggplant
- 1 head fennel
- 1 head garlic
- 2 green onions
- 5 lemons
- 1 lime
- 1 mango
- 1 package mixed greens
- 7 large king oyster mushrooms
- 1 large yellow onion
- 4 small sweet potatoes
- 1 bunch radishes
- Root vegetables for chile fries and roasted vegetables
- 1 red bell pepper

WHOLE GRAINS

- 1 package whole rolled oats
- 1 package quinoa
- 1 package whole-grain spelt flour
- 1 package brown rice
- 1 package soba noodles, optional
- 1 package brown rice vermicelli noodles
- 1 package whole-grain English muffins, optional
- 1 package whole-grain linguine, optional
- 1 package whole-grain roti or buns of your choice, optional

NUTS, SEEDS & OILS

- 3 oz raw unsalted pecans
- ½ cup roasted unsalted peanuts
- 1 bag unsalted pine nuts
- 1 jar natural unsalted peanut butter
- 1 bag raw pumpkin seeds
- 1 bag hemp hearts
- 1 bag chia seeds
- 1 bag ground flaxseeds
- 1 jar coconut oil
- 1 bottle extra-virgin olive oil
- 1 bottle grape seed oil
- 1 bottle sesame oil

PROTEINS

- 12 oz organic extra-firm tofu
- 1 dozen eggs
- 12 oz unsweetened coconut yogurt or yogurt of your choice
- 1 package shaved Parmigiano-Reggiano, optional
- Nut cheese or dairy cheese of your choice, optional

EXTRAS

- 1 bottle allspice
- 1 bottle ground cardamom
- 1 15-oz BPA-free can chickpeas
- 1 bottle ground cinnamon
- 1 13½-oz BPA-free can full-fat coconut milk
- 1 bottle ground coriander
- 1 bottle cumin
- ½ cup chopped pitted Medjool dates
- 1 bag dulse flakes
- 1 bottle ground ginger
- ½ cup hoisin sauce
- 1 bottle ground nutmeg
- 1 package nutritional yeast
- 1 bottle paprika
- 1 bottle red pepper flakes
- 1 bottle rice wine vinegar
- 1 jar sambal oelek
- 1 bottle turmeric
- 1 bottle ground black pepper
- 1 8-oz container hummus
- 1 bottle pure maple syrup
- 1 bottle sea salt
- 1 bottle reduced-sodium tamari
- 1 bottle pure vanilla extract
- 12 8-inch rice paper wraps
- 1 jar fresh chutney, optional 🌱