

YOUR COOK-ONCE SHOPPING LIST

PROTEINS

- 3 10-oz packages firm organic tofu

VEGGIES & FRUITS

- 1 head green cabbage
- 1 head red cabbage
- 1 head savoy or red cabbage, optional
- Bean sprouts, optional
- 1 apple, optional
- 1 orange, optional
- 1 pint raspberries, optional
- 19 oz medium carrots, plus additional carrot for optional garnish
- 1 large red chile
- 2 heads garlic
- 3 1-tbsp pieces fresh ginger
- 1 green bell pepper
- 2 lemons
- 2 limes
- 5 oz king oyster or cremini mushrooms
- 12 oz shiitake mushrooms
- 3 large sweet onions
- 1 large white onion
- 7 oz okra (or frozen)
- 2 celery stalks
- 2 white potatoes
- 4 green onions, plus additional for optional garnish
- 1 bunch fresh chives
- 1 large bunch fresh parsley
- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 1 small bunch fresh basil, optional
- 1 small bunch fresh cilantro, optional

WHOLE GRAINS

- 1 pkg brown rice noodles
- 1 bag long-grain brown rice, optional
- 8 10-inch whole-wheat wraps
- 1 whole-grain bagel, optional
- 1 whole-wheat wrap or piece of bread, optional
- Corn bread and/or whole-grain baguette, optional
- 1 box seed crackers, optional

NUTS, SEEDS & OILS

- 11 oz raw unsalted cashews
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle coconut oil
- 1 bottle grape seed oil
- 1 bottle sesame oil
- Chopped roasted unsalted peanuts, optional
- 9 oz raw unsalted pistachios
- 1 bag ground flaxseeds
- 1 bag hemp seeds
- 1 container black or white sesame seeds, optional

EXTRAS

- 1 bottle bay leaves
- 1 bottle cayenne pepper
- 1 bar unsweetened dark chocolate
- 1 bottle sambal oelek or sriracha sauce
- 1 bottle all-natural hot sauce or Vietnamese chile sauce, optional
- 2 8-oz cartons low-sodium vegetable broth
- 1 bag dried unsweetened cranberries
- 1 pkg egg noodles, optional
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle ground ginger
- 1 tbsp dried thyme
- 3 14.5-oz BPA-free cans unsalted diced tomatoes
- 1 15-oz BPA-free can unsalted white kidney beans
- 1 15-oz BPA-free can unsalted red kidney beans
- 2 15-oz BPA-free cans unsalted chickpeas
- 2 13.5-oz BPA-free cans coconut milk
- 1 bottle rice vinegar
- 1 container baking powder
- 1 container baking soda
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle nutritional yeast
- 1 bottle pure maple syrup
- 1 bottle reduced-sodium tamari or soy sauce
- 1 bottle pure vanilla extract