



Grocery list

PRODUCE

- 1 red onion
- 1 medium carrot
- 1 head napa cabbage
- 1 small zucchini
- 1 avocado
- 3 280-g pkgs cherry tomatoes
- 142 g arugula
- 1 head iceberg lettuce
- 1 bunch asparagus
- 1 bunch green onions
- 1 bunch cilantro
- fresh thyme
- 2 heads garlic
- 1 knob ginger
- 2 lemons
- 1 lime

PROTEIN

- 12 chicken drumsticks
- 4 skin-on trout fillets, about 150 g each
- 500 g lean ground beef
- 350 g extra-firm tofu

DAIRY

- parmesan
- sour cream

DRY GOODS

- rice noodles
- basmati rice
- tomato paste
- white miso paste
- panko
- 8 small flour tortillas

BAKERY

- 1 baguette

CHECK YOUR PANTRY FOR

canola oil, rice vinegar, soy sauce, hot chili-garlic sauce, sriracha sauce, honey, brown sugar, granulated sugar, all-purpose flour, salt, pepper, chili powder, coriander, cumin, butter, 1 egg.