

WEEK 3 SHOPPING LIST



INGREDIENTS

OILS, SPICES & LIQUIDS

- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ Cumin (½ teaspoon)
- ☐ Smoked paprika (½ teaspoon)
- ☐ Brown sugar (2 teaspoons)
- ☐ Chili powder (¼ teaspoon)
- ☐ Soy sauce
- ☐ Dry white wine (1 cup, can use water)

CANNED & DRY GOODS

- ☐ Canned black beans (Two 15-ounce cans)
- ☐ Canned cannellini beans (One 15-ounce can)
- ☐ Long-grain rice (about 12 ounces for 1 ½ cups uncooked)
- ☐ Canned diced tomatoes (One 15-ounce) can
- ☐ Raw almonds (about 3 ounces for ½ cup, whole or sliced)
- ☐ Tomato paste
- ☐ Whole-wheat penne or other similar pasta (12 ounces)
- ☐ Stale crusty bread (a couple thick slices)

PRODUCE

- ☐ Broccoli rabe (12 ounces)
- ☐ Onion (1)
- ☐ Red onions (2)
- ☐ Bell pepper (any color)
- ☐ Garlic (1 large head)
- ☐ Fresh parsley or cilantro (1 bunch each or just 1 of parsley)
- ☐ Pitted black olives (½ cup)
- ☐ Firm tofu (One block, about 1 pound)

OPTIONAL TOFU JERKY FLAVOR VARIATIONS

FOR MISO JERKY

- ☐ Miso paste
- ☐ Garlic powder

FOR TERIYAKI JERKY

- ☐ Mirin
- ☐ Ground ginger
- ☐ Onion powder

FOR GARLICKY JERKY

- ☐ Garlic powder

EQUIPMENT

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| • Large skillet | • Strainer or colander | • Liquid and dry measuring cups | • Parchment paper (or a silicon mat) |
| • Large ovenproof pot | • Basting brush | • Measuring spoons | • Food processor |
| • Baking sheet | • Stirring utensil | • Knife | • Immersion blender or potato masher |
| • Medium bowl | • Can opener | • Towels | |