

GROCERY LIST

Produce

- Curly Kale (1 bunch)
- Lacinato Kale (1 bunch)
- Carrots (3 x large carrots)
- Green Cabbage (1 head)
- Green Beans (1/2 lb / ~300 g)
- Fresno Chile Peppers (3)
- Ginger (1 medium-sized knob)
- Scallions (1 bunch)
- Basil (1 bunch)
- Cilantro (1 bunch)
- Sweet Potato (1 large)
- Avocado (1 unripe)
- Garlic (2 bulbs)
- Shallots (2)
- Lime (2)

Shelf-Stable Goods

- Soba Noodles (269 g)
- 1 x 1 lb bag Pearled Barley (454 g)

Snacks and Nuts

- Cashews (10 oz / 284 g)

Dairy & Eggs

- 2-3 eggs

Cheeses

- Fresh Mozzarella Ball (8 oz / 226 g)

Frozen Vegetables

- 1 x 12 oz bag of Frozen Shelled Edamame (340 g)

Suggested Proteins

- Salmon Fillets (2)
- Boneless-Skinless Chicken Breasts (3-4)
- Shrimp (12 oz or 24 medium-sized shrimp)

(all specified quantities are intended for 2 people)