

Grocery list — Week 17

Easy cajun salmon · Beef stir fry with noodles · Vegetarian noodle stir fry · Thai cucumber salad

Produce

- Mini cucumbers – 8
- Red onions – 2 medium
- Yellow onion – 1 medium
- Carrots – 4 medium
- Red peppers – 2 medium
- Snap peas – 1 lb (about 4 cups)
- Mushrooms – 1 lb, sliced (about 4 cups)
- Garlic – 1 head
- Fresh ginger – 1 piece (about 3 tbsp grated)
- Green onions – 1 bunch
- Cilantro – 1 bunch
- Parsley – 1 bunch

Spices & seasonings

- Paprika – 1 tbsp
- Onion powder – 1 ½ tsp
- Garlic powder – 1 ½ tsp
- Dried thyme – ½ tsp
- Dried oregano – ½ tsp
- Cayenne pepper – ½ tsp
- Chili flakes – 1 tsp
- Salt and pepper – pantry staples

Meat & seafood

- Salmon fillets – 4 (5 oz each)
- Beef top sirloin, thinly sliced – 1 lb

Dairy & refrigerated

- Heavy cream – 1/3 cup
- Firm tofu – 1 package

Canned & jarred

- Beef broth – 1 cup
- Vegetable broth – 1 cup
- Hoisin sauce – ¼ cup

Bakery & dry goods

- Ramen noodles – 5 packages
- Roasted peanuts – ¼ cup

Pantry

- Soy sauce – 1 cup
- Toasted sesame oil – 1/3 cup
- Avocado oil – 1 tbsp
- Olive oil – 2 tbsp
- Neutral cooking oil – 2 tsp
- Honey – 2 tbsp
- Coconut sugar (or brown sugar) – ¼ cup
- Granulated sugar – 2 tbsp
- Cornstarch – 3 tbsp
- Rice vinegar – ¼ cup
- Fish sauce – 1 tbsp
- Sesame seeds – 2 tbsp