

Global Kitchen Shopping List

38 Total Items

Protein

- 2 Tofu, Firm, 16 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 1 Egg Whites, 100% liquid, 16 Ounce (oz)
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

Vegetables

- 1 Peas, Frozen, 12 Ounce (oz)
- 1 Tomato Puree, 29 Ounce (oz)
- 1 Tomato (Roma), Whole, 2 Count
- 1 Spinach, Chopped, 20 Ounce (oz)
- 1 Spinach, Whole, 16 Ounce (oz)
- 2 Scallions, 1 Bunch
- 2 Red Onion, 1 Count
- 1 White Onion, 1 Count
- 1 Kale Greens , Bag, 16 Ounce (oz)
- 1 Corn, Frozen, 12 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 1 Carrot Bag
- 1 Green Pepper, 1 Count
- 1 Red Pepper, 1 Count
- 2 Basil, Fresh, 1 Bunch
- 1 Sweet Onion, 1 Count
- 1 Fresh Garlic (1 Bulb)

Fruits

- 1 Avocado, Hass, Whole, 1 Count

Dairy

- 1 Ricotta Cheese, No Salt Added, Whole Milk, 15 Ounce (oz)
- 2 Mozzarella Cheese, Part-Skim, Shredded, Low Moisture, 16 Ounce (oz)
- 1 Milk, Skim, 1 Quart
- 1 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

Grains

- 1 Whole Wheat Tortillas, 10 Count
- 3 Brown Rice, 16 Ounce (oz)
- 1 Baguette Bread, Mini, Wheat, 10 Ounce (oz)

Other

- 1 Worcestershire Sauce, 12 Ounce (oz)
- 1 Rice Vinegar, Natural, 12 Ounce (oz)

