

# Grocery List

*from Jessica in the Kitchen*

## PRODUCE

BELL PEPPER - 6 TOTAL (3 TRI COLORED)  
 CARROTS - 1 ½ CUPS  
 CAULIFLOWER - 1 HEAD  
 FROZEN MANGO CHUNKS - 4 CUPS  
 FRESH MANGO CHUNKS - 2 CUPS  
 GARLIC - 2 BULBS  
 GINGER - 1 STALK  
 LIME - 2 SMALL  
 ONION - 3 YELLOW, 1 RED  
 PLUMMY TOMATO - 3  
 SCOTCH BONNET PEPPER - 2-3  
 SCALLION - 1 BUNCH  
 THYME - 1 BUNCH

## DAIRY FREE STAPLES

BEYOND MEAT BURGERS - 4 PATTIES/ 1 POUND  
 EXTRA FIRM TOFU - 3 BLOCKS  
 PLANT MILK - ½ CUP  
 VEGAN BUTTER - ½ CUP  
 VEGAN CHEESE SHREDS - 1 CUP  
 VEGAN PARMESAN CHEESE - TO GARNISH

## SPICES & SEASONINGS

BBQ SEASONING - 1 TSP  
 CUMIN - ¼ TSP  
 CURRY POWDER - 1 TSP  
 GARLIC POWDER - 8 TSP  
 GROUND TURMERIC - 3 TBSP  
 KELP OR NORI FLAKES - 2 TSP  
 ONION POWDER - 2 TSP  
 PIMENTO - 2 TSP  
 POULTRY SEASONING - 3 TSP  
 SMOKED PAPRIKA - 2 TSP  
 WET JERK SEASONING - 2 TBSP

## PANTRY

ALL PURPOSE FLOUR - 4 CUPS  
 APPLE CIDER VINEGAR - 2 TBSP  
 BBQ SAUCE - 1/3 CUP  
 BREAD SLICES - 2 SLICES  
 BREADCRUMBS - 1 CUP  
 BROWN SUGAR - 1/4 CUP  
 BROWNING (YOU CAN MAKE YOUR OWN TOO) - 4 TBSP  
 CANNED TOMATOES - 1 CAN  
 CHICKPEAS - 1 X 16 OZ CAN  
 COCONUT FLOUR - 2 TSP  
 COCONUT MILK - 3 CANS  
 COCONUT OIL - 4 TBSP  
 COOKED ACKEE - 1 LB/ 1 CAN  
 CORNSTARCH - ⅓ CUP  
 HEARTS OF PALM - 1 CAN  
 KETCHUP - ¼ CUP  
 LIME JUICE - ¼ CUP  
 OIL - ½ CUP  
 PENNE PASTA - 8 OZ  
 SOY SAUCE - 3 TBSP  
 SUGAR - ⅓ CUP  
 VANILLA EXTRACT - 1 TBSP  
 VEGETABLE STOCK - 3 CUPS  
 WHITE VINEGAR - 1 1/4 CUP

