APPENDIX 6: STORAGE CONTAINER SHOPPING LIST

MASON JARS

* 4 extra large jars for soaking beans (holds 8 cups)
* 3 large jars for dressings and sauces (holds 4 cups)
* 3 medium jars for dressings and sauces (holds 2 cups)

BIG STUFF

* 2 large rectangular glass cake pans with lids – for mixed greens/spinach
* 2 small square glass cake pans with lids – cilantro/parsley/other herbs
* 2 big glass bowls with lids – for salad vegetables/tabouleh (I bought these in sets of 3 – large/medium/small. The other bowls are a bonus and come in handy.)

GLASS STORAGE CONTAINERS WITH SILICON LIDS

* 6 – 1 cup size – I use for individual hummus portions/ ground flax/extra dressings/leftovers
* 15 – 2 cup size. This what I put all my chilis, curries and stews in and freeze in individual meal portions. I also use it for hummus.
* 12 – 4 cup size. I use these for soups, rice and grains, and cooked vegetables.

BPA Free Large Freezer Bags – I use these for freezing ripe bananas, cooked beans, frozen applesauce, fruit, and veggie ends and peelings to make broth.

\*OPTIONAL – This is a buy as you go. Glass storage jars for beans, lentils, rice, and other grains. I get mine at the dollar store. They are really pretty and helps you keep track of inventory.

APPENDIX 6: SHOPPING LIST BASED ON THE SAMPLE MENU PLAN

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| VEGETABLES* 1 LARGE CLAMSHELL SPINACH
* 1 LARGE CLAMSHELL MIXED GREENS
* CILANTRO
* CUCUMBER (2-3)
* CARROTS
* BABY CARROTS
* CELERY
* SWEET BELL PEPPERS 4
* GREEN ONION
* RADISHES
* TOMATOES
* 1 RED ONION
* 2 LARGE YELLOW OR WHITE ONIONS
* PARSLEY
* 4 GIANT RUSSET POTATOES OR

A BAG OF MEDIUM SIZED.* FRESH OR FROZEN BROCCOLI
* 1-2 LBS. BRUSSEL SPROUTS

FRUIT* 12 LEMONS (at least)
* 7 ORANGES
* 12 APPLES
* 4 LARGE GRANNY SMITH APPLES
* 7 BANANAS
* ANOTHER FUN FRUIT

GRAINS* QUINOA
* ROLLED OATS
* BROWN LONG GRAIN RICE
 | BEANS (IN SMALL CANS OR DRY IF YOU HAVE TIME)* 2 CANS CHICK PEAS/GARBANZO BEANS
* 2 CUPS DRY NAVY (WHITE) BEANS
* 2 CUPS DRY GREEN LENTILS
* 1 CAN BLACK BEANS
* 1 CAN KIDNEY BEANS
* 1 CAN PINTO BEANS

SPICES & CONDIMENTS* APPLE CIDER VINEGAR
* BALSAMIC VINEGAR
* BAY LEAVES
* CHILI POWDER
* CINNAMON
* CUMIN
* CURRY POWDER
* DIJON MUSTARD
* GARLIC POWDER
* GINGER
* ITALIAN HERBS (NO SALT)
* ONION POWDER
* NUTRITIONAL YEAST (at least 2 cups)
* PEPPER
* RED THAI CURRY PASTE
* TURMERIC
* MRS DASH NO SALT SEASONING OR ANOTHER

OTHER * ORGANIC UNSWEETENED APPLE JUICE
* UNSWEETENED APPLE SAUCE
* 1 LARGE CAN NO SALT DICED TOMATOES
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APPENDIX 7: COOKING EQUIPMENT

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| --- | --- |
| BASIC EQUIPMENT* CHEF’S KNIFE
* SERATED KNIFE
* CUTTING BOARD
* VEGETABLE PEELER
* BIG STEAL SPOON
* BIG SLOTTED SPOON
* 2 LARGE LIDDED BOWLS
* 1 LARGE MIXING BOWL
* DRY MEASURE CUPS
* WET MEASURE CUPS
* MEASURING SPOONS
* FINE MESH STRAINER
* A SPATULA
* A VEGGIE STEAMER

OTHER STUFF* BRITA OR BERKEY WATER FILTER
* A CITRUS JUICER (SOMETHING LOW TECH FOR LEMON JUICE)
* SALAD SPINNER (FOR ROMAINE LETTUCE OR NON-PREWASHED LETTUCE)
 | APPLIANCES & DEVICES* HIGH POWERED BLENDER
* A STOVE TOP
* AN OVEN
* AN INSTAPOT (OPTIONAL)
* AN AIR FRYER (OPTIONAL)
* A RICE COOKER (OPTIONAL)

COOKWARE* 1 COOKIE SHEET
* 1 COVERED BAKING DISH
* 2 LARGE POTS (FOR CHILI & CURRY)
* 1 MEDIUM POT (FOR RICE)
* 1 SMALL POT (FOR QUINOA)
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