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 |

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) |