



Asian Inspired Dinner Class Shopping List

Produce	Pantry (cont.)
1 red onion	Dried red pepper flakes/crushed red pepper
1-2 serrano peppers or thai red chilis	GF Fish sauce
1 head garlic	Coconut sugar
4 inch piece ginger root	Avocado oil
2 limes	Organic cornstarch
1 bunch cilantro	Table Salt and Kosher salt
1 bunch mint	* Lemongrass paste
1 head butter lettuce	Coconut aminos
3 scallions	* Gochujang (optional) Wegman's has their own brand that is very good and marked GF
Variety of fresh vegetables for stir fry (see list of ideas on recipe and choose what you like - 4-6 cups total)	Mirin
Refrigerator	Rice Vinegar
1 package extra firm tofu	Organic Toasted Sesame Oil
1 lb. ground organic chicken or turkey	Sambal Oelek (optional) *not marked GF but I have nima tested it many times
	Cashews or Peanuts (optional)

- All of the above ingredients should be available at Whole Foods or Wegman's. If you wish to buy on Amazon, I have included links. As an Amazon Associate, I may earn a small commission when you purchase through these links.
- When purchasing produce, I always suggest organic when possible. According to the EWG "dirty dozen" list, the most important things in our menu to purchase organic would be: hot peppers and lettuce.

- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.
- When roasting or sauteing, I recommend using [avocado oil](#) when possible. I prefer a good organic and cold pressed [olive oil](#) for sauces or to drizzle over already roasted vegetables.

* These items are less expensive at Whole Foods stores than on Amazon. Wegman's has a tube of lemongrass paste with the herbs (in the produce department) as well as a Gochujang (in the Asian food section) which is marked GF.

