

# Spring Week 1

## Shopping List

### Produce

4 oz. enoki mushrooms  
1 large carrot  
about 2 inches daikon radish  
greens, such as kale or chard  
Green Beans  
Greens and salad ingredients  
2 - 2 ½ cups assorted seasonal vegetables per (full-sized) person (Check what you have – this is for the vegetable sauté, which is good for using up what you've got on hand.)  
Lettuce or sprouts and tomato for burgers  
2 medium onions  
1.25 lb. dark orange or garnet sweet potatoes  
garlic  
1 large shallot  
1 ½ lb. spinach  
asparagus  
1 lemon  
1 tablespoon fresh basil (1 teaspoon dried)  
fresh tarragon, chervil, mint, lemon thyme, dill or parsley  
1/2 cup parsley

### Pantry

olive oil  
sunflower or sesame oil  
cup apple cider vinegar  
low fat salad dressing – Chinese or Asian style  
1 to 1 1/2 pounds linguini or fettuccini  
cooked beans (one 14 oz can)  
or 1 cup dried beans or lentils  
rolled oats  
grain for serving with stir fry  
4 bundles udon noodles  
1 cup pearl barley  
vegetable stock (optional)  
1 cup flaked nutritional yeast  
1/2 cup wheat germ  
garlic powder  
curry powder or spice mix of your choice

cumin, oregano and coriander, or mixture of your favorite spices

1 nutmeg seed

Japanese red chili pepper (optional)

good quality dark soy sauce - San-J tamari is good

{mirin (hon mirin, the kind with alcohol in it, is preferred)

granulated or superfine white sugar}

Or

Kikkoman Memmi soup base

### Dairy

3 1/2 cups firm tofu

1 cup ricotta cheese (low fat will reduce the calories by a little)

freshly grated parmesan

1 egg

8 oz. soft (silken) tofu

### Freezer

frozen peas

### Bakery

Whole grain Hamburger Buns or English Muffins

## Notes

*Honmirin* is regular mirin, which is fortified sake, with alcohol content. There is also *mirin cho-miryō*- or mirin flavoring, which is alcohol-free mirin. The better quality mirins only come as hon mirin.

Decide which sauce you will be using for the stir fry and check the ingredients list for what you will need.