# Shopping List

**Oils, Vinegars, Sauces**
- olive oil
- coconut oil
- white wine vinegar
- balsamic vinegar
- apple cider vinegar
- reduced sodium soy sauce
- sesame oil
- worcestershire sauce
- dijon mustard
- honey
- maple syrup
- natural peanut butter
- organic lemon juice

**Pantry**
- quinoa
- basmati rice
- pasta (whole wheat spaghetti, rotini)
- rolled oats
- steel cut oats
- bread crumbs/panko
- almonds
- dried cranberries
- mini chocolate chips

**Canned Goods**
- corn kernels
- black beans
- chickpeas
- full fat coconut milk
- diced tomatoes
- green chiles
- tomato paste
- tomato sauce

**Spices**
- salt
- pepper
- onion powder
- garlic powder
- cinnamon
- cumin
- chili powder
- ground coriander
- oregano
- basil
- cayenne

**Other**
- almond milk
- chicken stock