



Shopping List

Fruits

1 sweet ripe mango

Vegetables

3 medium potatoes
1 c carrots
1 small yellow onion
1 red bell pepper
cilantro

Cheese

Meat/Fish

3-4 large boneless skinless
chicken breasts

Bread/Cereal

Condiments/Dressings

Baking

$\frac{1}{4}$ c sugar
3 t salt
7 oz sweetened, shredded
coconut
1 (14 oz) can Dulce de Leche
1 (14 oz) can Sweetened
Condensed Milk
16 oz Ghirardelli dark
chocolate wafers

Spices

4 T yellow curry powder
4 t toasted sesame seeds

Pasta/Rice

1 T Thai red curry paste
1 c sticky, glutinous rice

Canned Foods

2 (15 oz) cans coconut milk
1 c thick coconut milk
1 c thick coconut milk
4 T coconut cream

Frozen

Beverages

Dairy

Household

Paper/Wraps

Other

Nila Wafers
Parchment paper

