



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Online Class 1/23/21: Meal Prep for Success

Shopping List

Recipes: Honey Mustard Pork Tenderloin with Mashed Sweet Potatoes & Roasted Winter Vegetables | Honey Soy Glazed Pork Tenderloin Bowls with Quinoa & Charred Cabbage | Turkey & Sweet Potato Shepherd's Pie | Moroccan Spiced Quinoa Stew

✓	Type	Ingredient	Amount	Unit
	Dairy	Butter, unsalted	2	Tbsp
	Dairy	Yogurt, plain, low-fat	½	cup
	Dairy	Milk, low-fat	¼	cup
	Dry	Olive or Canola Oil	2 + 2	Tbsp + tsp
	Dry	Honey	2 + 1	Tbsp + tsp
	Dry	Dijon or Creole Mustard	1	Tbsp
	Dry	Apple Cider Vinegar	1	Tbsp
	Dry	Soy Sauce, low-sodium	2	Tbsp
	Dry	Rice Vinegar	1	tsp
	Dry	Mirin or Sherry	1	tsp
	Dry	Sambal Oelek Chili Garlic Paste or Sriracha	1-2	tsp
	Dry	Sesame Seeds (optional)	1	tsp
	Dry	Quinoa, dry	1	cup
	Dry	Tomato Paste	2	Tbsp
	Dry	Worcestershire Sauce	1	tsp
	Dry	All-Purpose Flour	1	Tbsp
	Dry	Chicken Stock, homemade or low- sodium (32 oz. box)	4	cups
	Dry	Beans, any variety, canned	1 (14- 15oz)	can
	Dry	Balsamic Vinegar	1	tsp
	Dry	Diced Tomatoes, low-sodium	1 (14- 15oz)	can
	Frozen	Peas	1	cup
	Frozen	Butternut Squash, cubed/diced	2	cups
	Produce	Shallot	1	each
	Produce	Sweet Potatoes	2	lb.
	Produce	Brussels Sprouts	1	lb.
	Produce	Parsnips or Carrots (about 3 medium)	8	oz.

	Produce	Red Onion	½	each
	Produce	Garlic	5	clove
	Produce	Cabbage, shredded (coleslaw mix)	1	bag
	Produce	Onion, small	2	each
	Produce	Carrot, medium	2	each
	Produce	Mushrooms, any variety	8	oz.
	Produce	Celery Stalks	2	each
	Produce	Kale or Spinach, chopped into bite size pieces	2	cups
	Produce	Lemon	1	each
	Protein	Pork Tenderloin (package typically contains 2 pieces – 1 for each recipe)	2-2.5	lbs.
	Protein	Ground Turkey (93% lean)	1	lb.
	Spice	Thyme, dried	1 ½	tsp
	Spice	Kosher Salt	1 ¾	Tsp
	Spice	Black Pepper	To Taste	
	Spice	Garlic Powder	½	tsp
	Spice	Smoked Paprika (or Sweet)	½ + To Taste	tsp
	Spice	Cumin, ground	2	tsp
	Spice	Cinnamon, ground	1	tsp
	Spice	Turmeric	1	tsp
	Spice	Cayenne Pepper	¼	tsp