

OFF THE PEPPER POWER OUTAGE RECIPES

SHOPPING LIST

For more detail check the recipe card!

PRODUCE

- 1/2 carrot
- 1/2 stalk of celery
- 1 leaf bok choy
- 1 red onion
- 1 + 1/2 cucumber
- 10 blackberries
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MEAT, FISH & POULTRY

- 2-4 oz. raw skinless salmon filets
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DAIRY & EGGS

- 1 package cream cheese
- 1 tsp. condensed milk
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BAKING, SPICES, OILS & CONDIMENTS

- Rice seasoning
- 1 tsp. boniato flakes
- 1 tsp. scotch bonnet hot sauce
- 3 tsp. eel sauce
- 1/4 cup coconut aminos
- 1/4 cup rice vinegar
- 2 Tbsp. mirin
- 1/2 tsp. garlic powder
- 1/2 tsp. jerk seasoning
- Toasted sesame oil
- 1/2 cup sugar
- Vanilla, to taste
- 1/2 tsp. cinnamon
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BREAD, GRAINS & CEREAL

- 6 shortbread cookies, crumbled

DRY/CANNED GOODS & PANTRY SNACKS

- 2 pieces seaweed snacks, broken apart
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FROZEN FOODS

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BEVERAGES

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MISCELLANEOUS

- 4 spring roll wrappers