

Shopping List

Baking/Spices

- chili powder 1 tsp
- corn or flour tortillas 12
- cumin 0.25 tsp
- curry powder 1 tsp
- dried basil 2 tsp
- dried thyme 2 tbsps
- EACH: ground cumin, chili powder 2 tsp
- EACH: onion powder and kosher salt 0.50 tsp
- EACH: paprika, dried oregano, kosher salt 1 tsp
- fresh ground ginger 2 tsp
- garlic powder 2 tsp
- Italian seasoning 2.50 tsp
- kosher salt 2 tsp
- OR 2 tablespoons Italian seasoning
- paprika 1 tsp
- salt 1 tsp
- salt and pepper to taste
- Tajin 2 tsp

Beverages

- fresh cold water 0.67 cup
- nut milk 1 cup
- water 1 cup

Canned Goods

- (15 ounce) can diced tomatoes 1
- water chestnuts 1 (8 ounce) can

Condiments

- sriracha 3 tsp

Dairy

- shredded cheddar cheese or vegan cheese 1 cup

Frozen

- frozen banana 0.50
- frozen mango chunks 0.75 cup

Meat/Fish

- 4-6-ounce salmon filets 4
- cooked boneless skinless chicken breast 1 lb
- s
- ground beef 1 lb
- ground pork 1 lb
- pork tenderloin 1.50 lb
- pre-cooked kielbasa or Italian sausage 1

Optional Toppings

- Optional for protein: 1/2 cup greek yogurt or 1 scoop of vanilla protein powder
- Scallions, chopped cashews, cilantro, bread, pita, wraps, or lettuce cups for serving
- Topping: green onions, cilantro and crushed peanuts

Pantry

- cashews 0.33 cup
- coconut aminos 5 tbsp
- coconut aminos or Worcestershire sauce 1 tbsp
- honey 3 tbsp
- 2 tsp
- maple syrup or brown sugar 1 tbsp
- mayonnaise or Greek yogurt 0.75 cup
- nut butter 3 tbsp
- olive oil 11 tbsp
- olive oil or avocado oil 0.25
- raisins 0.33 cup
- raw unsalted cashews 1 cup
- rice wine vinegar 1 tbsp
- soy sauce or coconut aminos 2 tbsp
- turmeric 0.25 tsp
- uncooked white or brown rice 1 cup

Produce

<input type="checkbox"/> avocado	0.50
<input type="checkbox"/> baby spinach	1 cup
<input type="checkbox"/> bell peppers	6
<input type="checkbox"/> Butter lettuce leaves for serving	
<input type="checkbox"/> celery	2 ribs
<input type="checkbox"/> crushed garlic	2 cloves
<input type="checkbox"/> finely chopped cilantro	2 tbsp
	0.50 cup
<input type="checkbox"/> finely diced red onion	0.50 cup
<input type="checkbox"/> fresh lime juice	2 tbsp
<input type="checkbox"/> garlic	8 cloves
	1 clove
<input type="checkbox"/> green apple	1
<input type="checkbox"/> green onion	2 tablepoons
<input type="checkbox"/> grilled or steamed corn	2 cups
<input type="checkbox"/> jalapeno	1
<input type="checkbox"/> juice from 1 lime	
<input type="checkbox"/> Juice from 1/2 a lime	
<input type="checkbox"/> Juice from 2 limes	
<input type="checkbox"/> large avocado	1
<input type="checkbox"/> large mango	1
<input type="checkbox"/> large ripe avocado	1
<input type="checkbox"/> lime juice	2 tbsp
<input type="checkbox"/> minced garlic.	3 cloves
	1 clove
<input type="checkbox"/> onion powder	2 tbsp
<input type="checkbox"/> pack mushroom	1
<input type="checkbox"/> red bell pepper	1.50
<input type="checkbox"/> red onion	1
<input type="checkbox"/> red pepper	1
<input type="checkbox"/> shredded carrots	1 cup
<input type="checkbox"/> small yellow onion	2
<input type="checkbox"/> yellow squash	1
<input type="checkbox"/> zucchini	2