

Shopping List

- ☐ chopped sun dried tomatoes 10 tbsp
- ☐ For serving:
- ☐ Lavash wrap 5
- ☐ Pepper to taste

Baking/Spices

- ☐ black pepper 0.50 tsp
- ☐ chili powder 4 tbsp
- ☐ coconut sugar 1 tbsp
- ☐ cornstarch 2 tsp
- ☐ cumin 3 tsp
- ☐ dried oregano 2 tsp
- ☐ EACH: chili powder and onion powder 0.50 tsp
- ☐ EACH: onion powder and garlic powder 1 tbsp
- ☐ EACH: smoked paprika, garlic powder, onion powder, and chili powder 1 tsp
- ☐ Fresh cracked black pepper to taste
- ☐ garlic powder 3.25 tsp
- ☐ ground ginger 1 tsp
- ☐ Italian seasoning 3.50 tsp
- ☐ kosher salt 7 tsp
- ☐ of salt Pinch
- ☐ pepper 0.25 tsp
- ☐ Pinch of cayenne pepper
- ☐ Pinch of red pepper flakes
- ☐ red chili flakes 0.25 tsp
- ☐ salt 0.50 tsp
- ☐ smoked paprika 0.50 tsp
- 2 Tablespoons

Beverages

- ☐ 100% pineapple juice 0.25 cup
- ☐ full-fat coconut milk 3 cups (2 cans)

Canned Goods

- ☐ can black beans 1 (15-ounce)
- ☐ can diced tomatoes 1 (28-ounce)
- ☐ can full fat coconut milk 1 (13.5 ounce)
- ☐ can pineapple chunks in 100% pineapple juice 1 (20 ounce)
- ☐ can tomato sauce 1 (15-ounce)
- ☐ full-fat canned coconut milk 0.50 cup
- ☐ tomato sauce 1 cup

Condiments

- ☐ brown or yellow mustard 1 tsp

Dairy

<input type="checkbox"/> crumbled feta cheese	15 tbsp
<input type="checkbox"/> grated parmesan cheese	0.33 cup
<input type="checkbox"/> large egg whites	20

Meat/Fish

<input type="checkbox"/> boneless skinless chicken thighs	1.50 lb
<input type="checkbox"/> ground beef	1 lb
<input type="checkbox"/> ground chicken	2 lb
<input type="checkbox"/> pork shoulder (pork butt)	3 lb
<input type="checkbox"/> salmon filets	4 (6-ounce)
<input type="checkbox"/> shredded rotisserie chicken	1 lb

Optional Toppings

- ☐ To garnish: cilantro, chopped cashews or toasted coconut

Pantry

<input type="checkbox"/> bay leaves	2
<input type="checkbox"/> chicken broth	3 cups
<input type="checkbox"/> coconut aminos	0.50 cup
<input type="checkbox"/> coconut aminos or Worcestershire sauce	1 tbsp
<input type="checkbox"/> coconut oil	2 tbsp
<input type="checkbox"/> Hamburger buns or roasted sweet potatoes	4
<input type="checkbox"/> honey	5 tbsp
<input type="checkbox"/> low sodium soy sauce or coconut aminos	0.33 cup
<input type="checkbox"/> maple syrup	3 tbsp
<input type="checkbox"/> olive oil	3 tbsp
<input type="checkbox"/> olive oil or avocado oil	2 tbsp
<input type="checkbox"/> olive or avocado oil	2 tbsp
<input type="checkbox"/> red curry paste	2 tbsp
<input type="checkbox"/> red wine vinegar or apple cider vinegar	1 tbsp
<input type="checkbox"/> rice sticks	6 oz
<input type="checkbox"/> sesame oil	2 tsp
<input type="checkbox"/> tomato paste	0.25 cup
<input type="checkbox"/> uncooked jasmine rice	1.50 cups
<input type="checkbox"/> vegetable or chicken broth	4 cups

Produce

<input type="checkbox"/> baby spinach	5 cups
<input type="checkbox"/> bell pepper (any color)	1
<input type="checkbox"/> broccoli florets	1 lb
<input type="checkbox"/> Chopped green onion or parsley for serving	
<input type="checkbox"/> cloves minced garlic	2
<input type="checkbox"/> fresh chopped parsley for topping	
<input type="checkbox"/> fresh ginger	2.50 tbsp
<input type="checkbox"/> fresh lime juice	0.33 cup
<input type="checkbox"/> fresh orange juice	0.33 cup
<input type="checkbox"/> garlic	14 cloves
<input type="checkbox"/> garlic cloves	4
<input type="checkbox"/> lemon juice (juice from 1 lemon)	0.25 cup

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| <input type="checkbox"/> lime juice | 2 tbsp |
| <input type="checkbox"/> medium carrots | 8 |
| <input type="checkbox"/> medium sweet potatoes | 4 |
| <input type="checkbox"/> medium white onion | 1 |
| <input type="checkbox"/> medium yellow onion | 1 |
| <input type="checkbox"/> minced garlic. | 3 cloves |
| <input type="checkbox"/> onion powder | 0.50 tsp |
| <input type="checkbox"/> red or green bell pepper | 1 |
| <input type="checkbox"/> small-medium sweet potatoes | 3 |
| Toppings: Fresh cilantro, red thai chilis, t | |
| <input type="checkbox"/> hai basil, roasted red peppers, green oni | |
| ons, or crispy shallots | |
| <input type="checkbox"/> yellow onion | 1 large |