

Shopping List

Baking/Spices

☐ black pepper	0.50 tsp
☐ chili powder	2.50 tsp
	1 tbsp
☐ coconut sugar or brown sugar	1 tbsp
☐ cumin	2 tsp
☐ EACH: paprika, garlic powder, and kosher salt	1 tsp
☐ flour	3 tbsp
☐ fresh chopped cilantro	
☐ fresh chopped rosemary	2 tsp
	2 tbsp
☐ fresh chopped thyme	2 tsp
☐ freshly ground black pepper	
☐ garlic powder	1.50 tsp
☐ ground cinnamon	0.50 tsp
☐ ground cumin	1 tsp
☐ kosher salt	2 tsp
☐ Kosher salt and black pepper to taste	
☐ paprika	2 tsp
☐ pepper	0.25 tsp
☐ salt	1 tsp
☐ salt and pepper to taste	
☐ sea salt	0.25 tsp
☐ smoked paprika	2 tsp
☐ taco size flour tortillas	8
☐ tapioca flour, arrowroot starch or cornstarch	2 tbsp
☐ vanilla extract	1 tsp

Beverages

☐ unsweetened almond milk	2.50 cups
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Dairy

☐ milk	2 cups
☐ parmesan cheese	0.50 cup
☐ unsalted butter or vegan butter	3 tbsp

Meat/Fish

☐ boneless skinless chicken breasts	1.50 lb
☐ flank steak	2 lb
☐ ground chicken	1 lb
☐ italian sausage	1 lb
☐ pork chops	4
☐ sirloin or ribeye steak	1.50 lb

Optional Toppings

☐ Optional toppings: balsamic glaze, blue cheese, fresh chopped parsley	
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Pantry

☐ balsamic vinegar	0.33 cup
☐ chia seeds	0.25 cup
☐ Corn Tortillas	
☐ extra virgin olive oil	0.25 cup
☐ fettuccine	12 oz
☐ honey	1 tbsp
☐ maple syrup	2 tbsp
☐ olive oil	10 tbsp
☐ olive oil or coconut oil	2 tbsp
☐ rolled oats	2.25 cups
☐ scoops vanilla protein powder	3
☐ soy sauce	0.25 cup
☐ sun dried tomatoes	0.33 cup

Produce

☐ avocados	2
☐ bell peppers	4
☐ cherry tomatoes	1 pt
☐ cilantro	0.25 cup
☐ English Cucumber	1
☐ finely grated or chopped sweet potatoes	2 cups
☐ fresh chopped sage	1 tbsp
☐ fresh lime juice	2 tbsp
☐ fresh spinach	3 cups
☐ fresh squeezed orange juice	0.25 cup
☐ fresh thyme	2 tsp
☐ garlic	10 cloves
☐ large acorn squash	3
☐ large apple	1
☐ large apple (or 2 small apples)	1
☐ large sweet potatoes	3
☐ large yellow onion	1
☐ lime juice	5 tbsp
☐ medium yellow onion	1
☐ minced garlic.	4 cloves
☐ onion powder	1.50 tsp
☐ Optional toppings: sliced avocado or guacamole	
☐ small red onion	0.50
☐ spinach	2 cups
☐ white onion	