

Shopping List

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|---|------------------|
| ☐ American cheese | 6 slices |
| ☐ english muffins | 6 |
| ☐ For serving: avocado | |
| ☐ frozen sausage patties | 6 |
| ☐ Toppings as desired | |
| ☐ white beans (cannellini) | 1 (15-ounce) can |

Baking/Spices

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|--|-----------|
| ☐ black pepper | 0.75 tsp |
| ☐ chili powder | 1.50 tbsp |
| | 3 tsp |
| ☐ corn or flour tortillas | 12 |
| ☐ cumin | 3.25 tsp |
| ☐ EACH: ground cumin, chili powder | 2 tsp |
| ☐ EACH: onion powder and kosher salt | 0.50 tsp |
| ☐ EACH: paprika, dried oregano, kosher salt | 1 tsp |
| ☐ t | |
| ☐ everything bagel seasoning | 0.25 cup |
| ☐ fresh cracked black pepper | 0.50 tsp |
| ☐ garlic powder | 2 tsp |
| ☐ kosher salt | 3.50 tsp |
| ☐ kosher salt divided | 1 tsp |
| ☐ paprika | 1 tsp |
| ☐ pumpkin pie spice | 1 tsp |
| ☐ red pepper flakes | 0.25 tsp |
| ☐ salt | 1 tsp |
| ☐ salt and pepper to taste | |
| ☐ smoked paprika | 1 tbsp |
| | 1.50 tsp |

Beverages

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|---|----------|
| ☐ fresh cold water | 0.67 cup |
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Canned Goods

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|---|------------------|
| ☐ can black beans | 1 (15 ounce) |
| ☐ can fire roasted corn | 1 (15 ounce) |
| ☐ can tomatoes with green chiles (rotel) | 1 (10 ounce) |
| ☐ Diced tomatoes | 1 (28-ounce) can |
| ☐ pumpkin puree | 1 (15-ounce) can |
| ☐ tomato sauce | 1 (15-ounce) can |

Condiments

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| ☐ dijon mustard | 3 tbsp |
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Dairy

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| ☐ butter or vegan butter | 2 tbsp |
| ☐ cottage cheese | 1 cup |
| ☐ heavy cream | 1 cup |
| ☐ large eggs | 12 |
| ☐ parmesan cheese | 0.25 cup |

Meat/Fish

- ☐ bone-in 6
- ☐ boneless skinless chicken thighs or breasts 1.50 lb
- ☐ ground beef 1 lb
- ☐ ground turkey 2 lb
- ☐ pork tenderloin 1.50 lb
- ☐ salmon fillets 4 (4-5 ounce)

Optional Toppings

Toppings: avocado, cilantro, tortilla chip

- ☐ s, sour cream, red onion, cheese, tomatoes, jalapeno

Pantry

- ☐ beef broth 3 cups
- ☐ chicken broth 1 cup
- ☐ dry orzo pasta 1.25 cups
- ☐ honey 5 tbsp
- ☐ low sodium chicken broth 1.50 cups
- ☐ olive oil 8 tbsp
- ☐ olive oil or avocado oil 0.25 cup
- ☐ pure maple syrup 0.25 cup
- ☐ raw honey 2 tbsp
- ☐ raw unsalted cashews 1 cup
- ☐ tomato paste 0.50 can

Produce

- ☐ asparagus 1 lb
- ☐ broccoli florets 32 oz
- ☐ chopped cilantro leaves 0.33 cup
- ☐ finely chopped cilantro 0.50 cup
- ☐ finely diced red onion 0.25 cup
- ☐ Fresh parsley, fresh dill, or, fresh oregano for topping
- ☐ garlic 1 clove
- ☐ 6 cloves
- ☐ grilled or steamed corn 2 cups
- ☐ jalapeno 0.50
- ☐ juice from 1 lime
- ☐ Juice from 2 limes
- ☐ large avocado 1
- ☐ lemon juice 3 Tablespoons
- ☐ lemon zest 2 tsp
- ☐ lime juice 0.33 cup
- ☐ medium shallot 1
- ☐ medium yellow onion 2
- ☐ minced garlic. 7 cloves
- ☐ 1 clove
- ☐ onion powder 1 tsp
- ☐ red bell pepper 2