

## Shopping List

### Baking/Spices

- black pepper 0.25 tsp
- cayenne pepper 1.25 tsp
- chili flakes 5 tsp
- chili powder 1 tsp
- coconut sugar 1 tbsp
- cornstarch or tapioca starch 1 tbsp
- EACH: garlic powder, paprika and onion powder 0.50 tsp
- flour 2 tbsp
- ground cumin 1 tsp
- honey or brown sugar 1 tbsp
- kosher salt 2.75 tsp
- paprika 1 tsp
- salt and pepper to taste 0.25 tsp
- smoked paprika 5 tsp
- Tajin 2 tsp

### Beverages

- full-fat coconut milk 3 cups (2 cans)

### Canned Goods

- can fire roasted tomatoes 15 (1 can)
- can green chiles 4.50 (1 can)

### Condiments

- dijon mustard 0.25 cup

### Dairy

- butter 2 tbsp
- cottage cheese 2.50 cups
- parmesan cheese 0.25 cup
- shredded Mexican cheese or cashew queso\* 1 cup
- unsalted butter 15 tbsp
- whole milk 2 cups

### Meat/Fish

- 4-6-ounce salmon filets 4
- boneless skinless chicken thighs 1.50 lb
- chicken breasts 2 (5-6 ounce)
- ground beef 2 lb
- shredded rotisserie chicken 1 lb

### Optional Toppings

- Garnish: Green onions, sesame seeds, or red pepper flakes
- To serve: White rice, brown rice, coconut
- rice, ramen noodles, lettuce cups, or cauliflower rice

## Pantry

<input type="checkbox"/> apple cider vinegar	10 tsp
<input type="checkbox"/> avocado or olive oil	2 tbsp
<input type="checkbox"/> coconut oil	1 tbsp
<input type="checkbox"/> honey	1.50 cups
<input type="checkbox"/> low sodium soy sauce or coconut amino s	0.50 cup
<input type="checkbox"/> maple syrup or brown sugar	1 tbsp
<input type="checkbox"/> olive oil	2 tbsp
<input type="checkbox"/> olive oil or avocado oil	2 tbsp
<input type="checkbox"/> red curry paste	2 tbsp
<input type="checkbox"/> rice sticks	6 oz
<input type="checkbox"/> rice vinegar	1 tbsp
<input type="checkbox"/> sesame oil or olive oil	2 tbsp
<input type="checkbox"/> sourdough bread or crusty bread	5 slice
<input type="checkbox"/> soy sauce or coconut aminos	2 tbsp
<input type="checkbox"/> vegetable or chicken broth	4 cups

## Produce

<input type="checkbox"/> (2 large) sweet potatoes	4 cups
<input type="checkbox"/> avocado	2.50
<input type="checkbox"/> broccoli florets	0.50 lb
<input type="checkbox"/> chopped broccoli florets	3 cups
<input type="checkbox"/> crushed garlic	2 cloves
<input type="checkbox"/> finely chopped cilantro	2 tbsp
<input type="checkbox"/> finely diced red onion	0.25 cup
<input type="checkbox"/> fresh ginger	2.50 tbsp
<input type="checkbox"/> fresh grated ginger	0.50 tsp
<input type="checkbox"/> fresh lime juice	2 tbsp
<input type="checkbox"/> fresh squeezed orange juice	0.25 cup
<input type="checkbox"/> garlic	9 cloves
<input type="checkbox"/> garlic clove	5
<input type="checkbox"/> garlic cloves	4
<input type="checkbox"/> garlic minced	3 cloves
<input type="checkbox"/> jalapeno	0.50
<input type="checkbox"/> large carrots	2
<input type="checkbox"/> large mango	1
<input type="checkbox"/> large ripe avocado	1
<input type="checkbox"/> large Spaghetti squash	1
<input type="checkbox"/> lime juice	4 tbsp
<input type="checkbox"/> minced garlic.	25 cloves
<input type="checkbox"/> oregano	0.25 tsp
<input type="checkbox"/> red bell pepper	1.50
<input type="checkbox"/> sliced cherry tomatoes	1.25 cups
<input type="checkbox"/> small yellow onion	1
<input type="checkbox"/> snap peas	2 cups
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	0.75 cup (1 medium)