

Shopping List

- 15 ounce can full fat coconut milk 1
- Basil for serving
- chopped sun dried tomatoes 10 tbsp
- For serving:
- fresh or frozen corn 1 cup
- gloves garlic 3
- Lavash wrap 5
- Pepper to taste

Baking/Spices

- black pepper 1.25 tsp
- chili powder 4 tbsp
- cumin 3 tsp
- dried oregano 2 tsp
- EACH: onion powder and garlic powder 1 tbsp
- EACH: smoked paprika, garlic powder, onion powder, and chili powder 1 tsp
- fresh chopped thyme 1 tbsp
- garlic powder 3.25 tsp
- Italian seasoning 4.50 tsp
- kosher salt 6 tsp
- Pinch of cayenne pepper
- red pepper flakes 0.75 tsp
- Salt & pepper to taste
- smoked paprika 2 Tablespons

Canned Goods

- can black beans 1 (15-ounce)
- can diced tomatoes 1 (28-ounce)
- can tomato sauce 1 14.5-ounce
- can tomato sauce 1 (15-ounce)
- can tomato sauce 1 15-ounce

Condiments

- buffalo sauce 0.50 cup

Dairy

- crumbled feta cheese 15 tbsp
- egg 1 large
- Egg noodles 8 oz
- finely grated parmesan cheese or nutritional yeast (for dairy-free option) 0.50 cup
- freshly shredded sharp cheddar cheese 1 cup
- large egg whites 20
- parmesan rind (the end of the parmesan wedge) 1
- plain greek yogurt or mayonnaise 0.50 cup

Meat/Fish

- Chicken thighs 2.50 lb
- cooked shredded chicken 1 lb

- ground beef 1 lb
- ground chicken 2 lb
- large shrimp 1 lb
- pork shoulder (pork butt) 3 lb

Optional Toppings

- Sliced green onion, sour cream, ranch, or blue cheese crumbles for serving
- Toppings: parmesan cheese, fresh basil and/or parsley

Pantry

- almond milk or whole milk 0.25 cup
- basil pesto 0.25 cup
- bay leaves 4
- chicken broth 3 cups
- dry uncooked fusilli pasta or other short cut pasta 1.50 cups
- of beef stock 4 cups
- olive 2 tbsp
- olive oil 6 tbsp
- olive or avocado oil 2 tbsp
- Panko bread crumbs 0.50 cup
- ranch dressing 0.25 cup
- reduced sodium chicken broth 8 cups
- tomato paste 2 tbsp

Produce

- baby spinach 5 cups
- bell pepper (any color) 1
- bell peppers 4
- carrots 2 cups
- celery 2 cups
- celery ribs 2
- finely chopped parsley 0.25 cup
- Fresh chopped basil 2 tbsp
- fresh lime juice 0.33 cup
- fresh orange juice 0.33 cup
- fresh packed spinach 3 cups
- garlic 12 cloves
- lemon juice 2 tbsp
- medium carrots 3
- medium white onion 1
- minced garlic. 3 cloves
- onion powder 1 tsp
- red bell pepper 1
- ribs celery 3
- shallot 1
- small onion 1
- small yellow onion 1
- small-medium sweet potatoes 3

- thyme
- yellow onion

1 tbsp
1 large
1