

Shopping List

Baking/Spices

- chili powder 6 tsp
- coconut sugar or brown sugar 1 tbsp
- cornstarch or tapioca starch 1 tbsp
- dried oregano 0.25 tsp
- EACH: cumin and kosher salt 1 tsp
- EACH: garlic powder, onion powder, paprika 0.50 tsp
- EACH: garlic powder, oregano, and salt 1 tsp
- EACH: smoked paprika and cumin 2 tsp
- everything bagel seasoning 0.25 cup
- flour or corn tortillas (Note 2) 8 6-inch
- fresh chopped rosemary 2 tsp
- fresh ground ginger 1 tsp
- garlic powder 2.50 tsp
- ground cinnamon 0.50 tsp
- honey or brown sugar 1 tbsp
- kosher salt 3.50 tsp
- paprika 2 tsp
- pepper 0.25 tsp
- salt 0.50 tsp
- Salt and black pepper to taste
- salt and pepper to taste
- vanilla extract 1 tsp

Beverages

- unsweetened almond milk 2.50 cups
- water 0.25 cup

Canned Goods

- can black beans 1 15-ounce
- can corn 1 15-ounce
- can fire roasted tomatoes 1
- can full fat coconut milk 1 (13.6 ounce)
- can green chiles 1 4-ounce

Condiments

- dijon mustard 2 tbsp

Dairy

- cream cheese (dairy-free if needed) 4 oz
- heavy cream or full fat canned coconut cream 1.50 cups

Meat/Fish

- boneless chicken thighs 2 lb
- chicken tenders 1.50 lb
- ground beef 1 lb
- ground pork (Note 1) 1 lb

- ground turkey 1 lb
- pork chops 4

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
- Toppings: crispy tortilla strips, sour cream, cilantro, lime juice, green onions
Toppings: queso fresco, cotija cheese, avocado crema, sliced avocado, cilantro, pickled red onion
- Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

- chia seeds 0.25 cup
- chicken stock 6 cups
- corn starch or tapioca starch dissolved in 1 Tablespoon of water 1 tbsp
- granulated sugar, honey, or agave 1 tsp
- honey 4 tbsp
- honey or agavee 1 tbsp
- low sodium soy sauce or coconut aminos 0.50 cup
- maple syrup 2 tbsp
- olive oil 7.50 tbsp
- red wine vinegar 1 tbsp
- rice vinegar 1 tbsp
- rolled oats 2.25 cups
- scoops vanilla protein powder 3
- sesame oil 2 tsp
- sesame oil or olive oil 2 tbsp
- soy sauce, tamari, or coconut aminos 0.33 cup
- uncooked long grain white rice 1 cup

Produce

- broccoli florets 1 lb
- chopped broccoli 1 cup
- chopped broccoli florets 3 cups
- finely chopped cilantro 0.25 cup
- fresh grated ginger 0.50 tsp
- fresh lime juice (about 1/2 a lime) 2 tbsp
- fresh squeezed orange juice 0.25 cup
- fresh thyme 2 tsp
- garlic 5 cloves
- green bell pepper 1
- large apple (or 2 small apples) 1
- large carrots 2
- large sweet potatoes 3

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|--|--------------|
| <input type="checkbox"/> lime juice | 2 Tablespons |
| <input type="checkbox"/> medium yellow onion | 2 tbsp |
| <input type="checkbox"/> minced garlic. | 0.50 |
| <input type="checkbox"/> petite potatoes | 5 cloves |
| <input type="checkbox"/> red bell pepper | 1 lb |
| <input type="checkbox"/> red pepper | 1 |
| <input type="checkbox"/> shredded carrots | 1 |
| <input type="checkbox"/> small yellow onion | 1 cup |
| <input type="checkbox"/> snap peas | 2 |
| <input type="checkbox"/> thinly sliced red onion | 2 cups |
| <input type="checkbox"/> yellow or red onion | 1 cup |
| | 0.50 small |