

## Shopping List

flax meal 5 tbsp

### Baking/Spices

black pepper 0.50 tsp  
 chili powder 3 tsp  
 cumin 2 tsp  
 dried oregano 0.25 tsp  
 EACH: cumin and kosher salt 1 tsp  
 EACH: garlic powder, onion powder, paprika 0.50 tsp  
 flour 2 tbsp  
 flour or corn tortillas (Note 2) 8 6-inch  
 fresh grated ginger minced 1 tbsp  
 ground coriander 2 tsp  
 kosher salt 2 tsp  
 Kosher salt and pepper to taste  
 Kosher salt to taste  
 paprika 1 tsp  
 red pepper flakes 0.25 tsp  
 Salt and black pepper to taste  
 salt and pepper to taste 0.25 tsp  
 sea salt 1 tsp  
 taco seasoning 2 tbsp  
 tapioca flour 1 tbsp

### Condiments

dijon mustard 2 tsp

### Dairy

butter 2 tbsp  
 butter or vegan butter 2 tbsp  
 feta cheese 8 oz  
 heavy cream 1 cup  
 heavy cream or milk 3 tbsp  
 milk 2.50 cups  
 parmesan cheese 0.50 cup  
 whole milk 2 cups

### Frozen

frozen banana 5

### Meat/Fish

boneless skinless chicken breast 2 lb  
 boneless skinless chicken breast or thighs 1 lb  
 boneless skinless chicken thighs or breasts 1.50 lb  
 chicken breasts 2 (5-6 ounce)  
 flank steak 1.50 lb  
 ground pork (Note 1) 1 lb

## Optional Toppings

- Optional: fresh chopped basil and thyme for garnishing
- Toppings: queso fresco, cotija cheese, a vocado crema, sliced avocado, cilantro, pickled red onion

## Pantry

- balsamic vinegar 0.50 cup
- can full fat canned coconut milk 1
- chicken broth or stock 1.25 cups
- coconut oil 3 tbsp
- dry orzo pasta 1.25 cups
- granulated sugar, honey, or agave 1 tsp
- honey or agavee 1 tbsp
- jar of mild salsa 1 oz
- low sodium chicken broth 1.50 cups
- maple syrup 1 tbsp
- olive oil 8 tbsp
- olive oil or avocado oil 1 tbsp
- peanut butter 5 tbsp
- red curry paste 3 tbsp
- red wine vinegar 1 tbsp
- scoop chocolate protein powder 5
- soy sauce or coconut aminos 3 tbsp
- turmeric 1 tsp

## Produce

- asparagus 1 lb
- broccoli florets 0.50 lb
- Fresh lime juice and chopped cilantro
- Fresh parsley, fresh dill, or, fresh oregano for topping
- garlic 7 cloves
- Juice from 1/2 a lime
- large red bell pepper 1
- large Spaghetti squash 1
- large zucchini 3
- lemon juice 3 Tablespoons
- lemon zest 2 tsp
- lime juice 2 Tablespoons
- medium shallot 2 tbsp
- medium shallot 1
- minced garlic. 13 cloves
- onion powder 2 tsp
- packages sweet mini peppers 2 (16 ounce)
- small yellow onion 1
- thinly sliced red onion 1 cup
- To serve: fresh chopped cilantro
- yellow or red onion 0.50 small