

## Shopping List

- 15 ounce can full fat coconut milk 1
- American cheese 6 slices
- Basil for serving
- english muffins 6
- For serving: avocado
- fresh or frozen corn 1 cup
- frozen sausage patties 6
- gloves garlic 3

### Baking/Spices

- bay leaf 1
- black pepper 1 tsp
- chili powder 1 tbsp
- cinnamon 2 tsp
- cornstarch or tapioca flour 0.50 tsp
- Crushed red pepper and cracked black pepper to taste 1 tsp
- cumin 2 tbsp
- fresh chopped thyme 0.50 tsp
- fresh cracked black pepper 0.50 tsp
- freshly ground black pepper
- garlic powder 0.50 tsp
- ground cumin 1 tsp
- Italian seasoning 1 tbsp
- kosher salt 3 tsp
- Kosher salt and pepper to taste 5 tsp
- kosher salt divided 1 tsp
- of red pepper flakes Pinch
- red chili flakes 0.50 tsp
- red pepper flakes 0.50 tsp
- sea salt 0.25 tsp
- smoked paprika 1.50 tsp
- taco size flour tortillas 8

### Canned Goods

- can black beans 1 (15 ounce)
- can diced tomatoes 1 (14.5-ounce)
- can fire roasted corn 1 (15 ounce)
- can green beans 1 (14.5 ounce)
- can tomatoes with green chiles (rotel) 1 (10 ounce)
- can white beans 1 (15-ounce)

### Condiments

- dijon mustard 2 tsp

### Dairy

- cottage cheese 1 cup
- freshly grated parmesan cheese 0.25 cup

- large eggs 12
- provolone cheese 8 slices
- shaved parmesan or feta cheese 0.33 cup
- shredded gruyere, mozzarella or white cheddar cheese 1.50 cups
- unsalted butter or olive oil 4 tbsp

### Meat/Fish

- boneless skinless chicken breasts 1.50 lb
- chicken breasts 4 (4-5 ounce)
- ground beef 1 lb
- ground turkey 1 lb
- large shrimp 1 lb
- sliced ham 0.25 lb
- thinly sliced genoa salami 0.25 lb
- thinly sliced soprapretta salami 0.25 lb

### Optional Toppings

- Parmesan cheese and parsley for topping
- Toppings: avocado, cilantro, tortilla chips, sour cream, red onion, cheese, tomatoes, jalapenos

### Pantry

- balsamic vinegar 0.25 cup
- beef broth 3 cups
- carton chicken broth or vegetable broth 1 (32-ounce)
- chicken broth 1.50 cups
- dry white wine or chicken broth 1 cup
- extra virgin olive oil 0.25 cup
- fresh thyme leaves or 1/2 teaspoon dried thyme 2 tsp
- maple syrup or honey 2 tbsp
- mayonnaise 0.75 cup
- medium apple 1
- olive oil 11 tbsp
- pepperoncini liquid 0.25 cup
- raw unsalted pumpkin seeds 0.50 cup
- red wine vinegar 1 tbsp
- shredded curly kale 8 cups
- sliced pepperoncini peppers 0.50 cup
- Sliced sourdough or french baguette for serving
- small dates 2
- tomato paste 5 tbsp
- 0.50 can

### Produce

- baby potatoes 6
- bell peppers 4
- carrots 4
- cherry tomatoes 1 cup

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|---|----------|
| <input type="checkbox"/> fresh lime juice                               | 2 tbsp   |
| <input type="checkbox"/> garlic   | 9 cloves |
| <input type="checkbox"/> head iceberg lettuce                           | 0.50     |
| <input type="checkbox"/> head romaine lettuce                           | 1        |
| <input type="checkbox"/> lemon juice                                    | 2 tbsp   |
| <input type="checkbox"/> medium yellow onion                            | 3        |
| <input type="checkbox"/> minced garlic.                                 | 6 cloves |
| <input type="checkbox"/> Optional toppings: sliced avocado or guacamole |          |
| <input type="checkbox"/> red bell pepper                                | 2        |
| <input type="checkbox"/> shallot  | 1        |
| <input type="checkbox"/> small red onion                                | 1.50     |
| <input type="checkbox"/> stalks celery                                  | 3        |
| <input type="checkbox"/> sweet yellow onions                            | 3 medium |