

Shopping List

- ☐ 15 ounce can full fat coconut milk 1
- ☐ Basil for serving
- ☐ fresh or frozen corn 1 cup
- ☐ gloves garlic 3
- ☐ Toppings as desired
- ☐ white beans (cannellini) 1 (15-ounce) can

Baking/Spices

- ☐ black pepper 0.50 tsp
- ☐ chili powder 1.50 tbsp
- ☐ coconut sugar 1 tbsp
- ☐ corn or flour tortillas 12
- ☐ cumin 0.25 tsp
- ☐ dried oregano 2 tsp
- ☐ EACH: dried basil, dried dill, dried thyme, 1 tsp
onion powder, and kosher salt
- ☐ EACH: ground cumin, chili powder 2 tsp
- ☐ EACH: onion powder and kosher salt 0.50 tsp
- ☐ EACH: paprika, dried oregano, kosher salt 1 tsp
- ☐ garlic powder 2 tsp
- ☐ ground cinnamon 0.50 tsp
- ☐ kosher salt 4.50 tsp
- ☐ pumpkin pie spice 1 tsp
- ☐ red pepper flakes 0.50 tsp
- ☐ salt 0.50 tsp
- ☐ salt and pepper to taste
- ☐ smoked paprika 1 tbsp
- ☐ vanilla extract 1 tsp

Beverages

- ☐ fresh cold water 0.67 cup
- ☐ full-fat coconut milk 3 cups (2 cans)
- ☐ unsweetened almond milk 2.50 cups
- ☐ water 1.25 cups

Canned Goods

- ☐ can full fat coconut milk 1
- ☐ Diced tomatoes 1 (28-ounce) can
- ☐ pumpkin puree 1 (15-ounce) can
- ☐ tomato sauce 1 (15-ounce) can

Dairy

- ☐ yogurt 0.75 cup

Meat/Fish

- ☐ boneless skinless chicken breasts 1.50 lb
- ☐ boneless skinless chicken thighs 1.50 lb
- ☐ ground turkey 2 lb
- ☐ large shrimp 1 lb

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| <input type="checkbox"/> pork tenderloin | 1.50 lb |
| <input type="checkbox"/> shredded rotisserie chicken | 1 lb |

Optional Toppings

- ☐ To top: kalamata olives, feta cheese and fresh parsley
- ☐ To top: toasted unsweetened coconut and chopped cilantro

Pantry

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| <input type="checkbox"/> basmati or long grain white rice | 2 cups |
| <input type="checkbox"/> chia seeds | 0.25 cup |
| <input type="checkbox"/> chicken broth | 1 cup |
| <input type="checkbox"/> coconut oil | 1 tbsp |
| <input type="checkbox"/> Harissa paste | 2 tbsp |
| <input type="checkbox"/> honey | 4 tbsp |
| <input type="checkbox"/> maple syrup | 2 tbsp |
| <input type="checkbox"/> olive oil | 0.50 cup |
| | 5 tbsp |
| <input type="checkbox"/> olive oil or avocado oil | 0.25 |
| <input type="checkbox"/> pure maple syrup | 0.25 cup |
| <input type="checkbox"/> raw unsalted cashews | 1 cup |
| <input type="checkbox"/> red curry paste | 2 tbsp |
| <input type="checkbox"/> rice sticks | 6 oz |
| <input type="checkbox"/> rolled oats | 2.25 cups |
| <input type="checkbox"/> scoops vanilla protein powder | 3 |
| <input type="checkbox"/> tomato paste | 2 tbsp |
| <input type="checkbox"/> vegetable or chicken broth | 4 cups |

Produce

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| <input type="checkbox"/> bell pepper | 1 |
| <input type="checkbox"/> cherry tomatoes | 1 pt |
| <input type="checkbox"/> finely chopped cilantro | 0.50 cup |
| <input type="checkbox"/> finely diced red onion | 0.25 cup |
| <input type="checkbox"/> fresh ginger | 2.50 tbsp |
| <input type="checkbox"/> garlic | 1 clove |
| <input type="checkbox"/> garlic cloves | 8 |
| <input type="checkbox"/> garlic minced | 2 cloves |
| <input type="checkbox"/> grilled or steamed corn | 2 cups |
| <input type="checkbox"/> jalapeno | 0.50 |
| <input type="checkbox"/> juice from 1 lime | |
| <input type="checkbox"/> Juice from 1/2 a lemon | |
| <input type="checkbox"/> Juice from 2 limes | |
| <input type="checkbox"/> Juice from one lemon | |
| <input type="checkbox"/> large avocado | 1 |
| <input type="checkbox"/> lemon juice | 4 tbsp |
| <input type="checkbox"/> lime juice | 2 tbsp |
| <input type="checkbox"/> medium yellow onion | 1 |
| <input type="checkbox"/> minced garlic. | 3 cloves |
| | 1 clove |
| <input type="checkbox"/> onion powder | 1 tsp |
| <input type="checkbox"/> packed fresh cilantro | 0.25 cup |

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| <input type="checkbox"/> red bell pepper | 2 |
| <input type="checkbox"/> red potatoes | 1.50 lb |
| <input type="checkbox"/> shallot | 1 |
| <input type="checkbox"/> small red onion | 1 |

Toppings: Fresh cilantro, red thai chilis, t
☐ hai basil, roasted red peppers, green oni
ons, or crispy shallots