

Shopping List

Baking/Spices

- black pepper 0.75 tsp
- Black pepper and red pepper flakes to taste
- brown sugar or coconut sugar 2 tbsp
- cayenne pepper 1.25 tsp
- chili flakes 5 tsp
- chili powder 3.50 tsp
- cornstarch or arrowroot powder 1 tbsp
- cumin 2 tsp
- dried oregano 1 tsp
- EACH: ground coriander and cumin 1 tsp
- fine grain sea salt 0.50 tsp
- flour 3 tbsp
- fresh cracked black pepper 1 tsp
- garlic powder 5 tsp
- ground mustard 1 tsp
- Italian seasoning 1 tbsp
- kosher salt 6.50 tsp
- paprika 0.75 tsp
- Salt and black pepper to taste
- salt and pepper to taste
- smoked paprika 11.50 tsp
- yellow curry powder 1 tbsp

Canned Goods

- can full fat coconut milk 1 (15-ounce)
- Diced tomatoes 1 (15-ounce) can
- fire-roasted tomatoes 1 (15-ounce) can

Condiments

- dijon mustard 0.25 cup
- sriracha 2 tsp

Dairy

- cottage cheese 2.50 cups
- eggs 2
- milk 2 cups
- parmesan cheese 0.50 cup
- parmesan cheese or nutritional yeast 0.50 cup
- unsalted butter 15 tbsp
- unsalted butter or vegan butter 3 tbsp

Meat/Fish

- bone-in or boneless pork chops 5 inch
- boneless skinless chicken breasts or thighs 1.50 lb
- chicken tenders 1 lb
- mild or spicy Italian sausage 1 lb

- shrimp 1 lb
- sirloin or ribeye steak 1.50 lb

Optional Toppings

- Optional toppings: balsamic glaze, blue cheese, fresh chopped parsley
- Parmesan cheese, fresh parsley, or crusty bread for serving
- Toppings: cilantro, avocado, red onion, sour cream (we used Kite Hill vegan sour cream), cheese or tomatoes
- Warm naan, lime juice, cilantro, Thai basil, crispy shallots (Note 4), chili oil, or red pepper flakes to garnish

Pantry

- 6-8" flour tortillas 8
- apple cider vinegar 10 tsp
- balsamic vinegar 0.33 cup
- Basmati rice, white rice, or brown rice, for serving (Note 3)
- bay leaves 2
- beef broth or chicken broth 4 cups
- chipotle in adobo sauce 1 tbsp
- dry uncooked green or brown lentils 2 cups
- fettuccine 12 oz
- gluten free rice cereal 2 cups
- honey 1.25 cups
- mayo 0.50 cup
- olive oil 7 tbsp
- paleo mayonnaise 0.25 cup
- raw honey 0.25 cup
- red curry paste 2 tbsp
- sourdough bread or crusty bread 5 slice
- sun dried tomatoes 0.33 cup
- white distilled vinegar or lemon juice 1 tbsp

Produce

- avocado 2.50
- carrots 2 lb
- celery 2 ribs
- Chopped parsley for serving
- cup fresh baby spinach 4
- finely chopped cilantro 3 tbsp
- fresh grated ginger 1 tbsp
- fresh mangoes (about 3 large mangoes) 3 cups
- fresh spinach 3 cups
- garlic 3 cloves
- garlic clove 5
- garlic cloves 3
- Juice from ½ a lime
- medium yellow onion 1
- minced garlic. 28 cloves

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|---|-----------|
| <input type="checkbox"/> olive oil, avocado oil, or coconut oil | 2 tbsp |
| <input type="checkbox"/> onion powder | 2.50 tsp |
| <input type="checkbox"/> orange pepper | 1 |
| <input type="checkbox"/> red peppers | 2 |
| <input type="checkbox"/> sliced cherry tomatoes | 1.25 cups |
| <input type="checkbox"/> small yellow onion | 1 |
| <input type="checkbox"/> Squeeze of lemon juice | |
| <input type="checkbox"/> yellow onion | 1 |
| <input type="checkbox"/> yellow pepper | 1 |