

Shopping List

- black eyed peas 1 (15-ounce) can
- chopped green onion 0.25 cup
- Salt, pepper, and red pepper flakes to taste
- Toppings as desired

Baking/Spices

- black pepper 0.75 tsp
- Black pepper to taste
- chili powder 2 tsp
- dried basil 0.50 tsp
- dried oregano 3 tsp
- dried thyme 0.50 tsp
- dry oregano 2 tsp
- EACH: dried basil, dried dill, dried thyme, onion powder, and kosher salt 1 tsp
- garlic powder 1 tsp
- Italian seasoning 4 tsp
- kosher salt 2.50 tsp
- kosher salt coarse sea salt 1 tbsp
- packet store bought taco seasoning 1
- pepper 0.25 tsp
- salt 0.50 tsp
- smoked paprika 1 tsp

Canned Goods

- can black beans 1 oz
- can sweet corn 1 oz
- Diced tomatoes 1 (14.5-ounce) can

Condiments

- buffalo sauce 0.50 cup
- dijon mustard 1 tbsp

Dairy

- cottage cheese 1.50 cups
- feta 0.50 cup
- freshly shredded sharp cheddar cheese 8 oz
- large eggs 1 cup
- plain greek yogurt or mayonnaise 9
- shredded cheddar cheese 0.50 cup
- shredded cheddar or taco cheese 0.50 cup
- shredded cheddar or taco cheese 4 oz

Meat/Fish

- boneless skinless chicken breast 1.50 lb
- boneless skinless chicken breasts 1.50 lb
- boneless skinless chicken breasts or thighs 1.50 lb
- cooked shredded chicken 1 lb

- ground beef 2 lb
- ground turkey 1 lb

Optional Toppings

- Sliced green onion, sour cream, ranch, or blue cheese crumbles for serving
- To top: kalamata olives, feta cheese and fresh parsley

Pantry

- balsamic vinegar 0.33 cup
- beef broth 4 cups
- chicken broth or bone broth 1.50 cups
- dry orzo pasta 16 oz
- extra virgin olive oil 0.50 cup
- honey 2 tbsp
- jasmine rice 1.25 cups
- low sodium vegetable broth 6 cups
- maple syrup 2 tbsp
- mild or medium salsa 1 cup
- olive oil 0.75 cup
- ranch dressing 5 tbsp
- red wine vinegar 2 tsp
- tomato paste 0.25 cup
- uncooked rice or quinoa 3 tbsp
- uncooked rice or quinoa 0.50 cup

Produce

- Avocado and cilantro to garnish
- bell pepper 2
- bell peppers 4
- bell peppers with the tops cut off and de-seeded through the stem 4
- carrots 4
- celery 3 stalks
- cherry tomatoes 2 pt
- Chopped cilantro 3 tbsp
- chopped parsley 0.50 cup
- corn 1 (15-ounce) can
- ears corn 2
- Fresh chopped basil 3 tbsp
- garlic 4 cloves
- garlic cloves 4
- garlic cloves minced 3
- green beans 1 (14.5 -ounce) can
- juice from 1 lemon
- Juice from one lemon
- medium red onion 1
- medium yellow onion 1
- medium zucchini 1
- minced garlic. 5 cloves

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| <input type="checkbox"/> onion powder | 1 tsp |
| <input type="checkbox"/> red bell pepper | 1 |
| <input type="checkbox"/> red potatoes | 1.50 lb |
| <input type="checkbox"/> ribs celery | 3 |
| <input type="checkbox"/> small red onion | 1 |
| <input type="checkbox"/> small yellow onion | 1 |
| <input type="checkbox"/> spinach | 2 cups |
| <input type="checkbox"/> yellow squash | 1 |
| <input type="checkbox"/> yukon gold potatoes | 1 lb |
| <input type="checkbox"/> zucchini | 1 |