

## Shopping List

- 15 ounce can full fat coconut milk 1
- Basil for serving
- corn, flour, or grain-free tortillas 12
- diced green chiles 2 (4-ounce) cans
- fresh or frozen corn 1 cup
- Freshly cracked pepper and kosher salt
- gloves garlic 3
- poblano peppers 2
- Toppings as desired
- Toppings: diced red onion, chopped cila
- ntro, sesame seeds, sliced avocado, or ki
- mchee

### Baking/Spices

- black pepper 0.75 tsp
- cayenne pepper 1.25 tsp
- chili flakes 5 tsp
- chili powder 2 tsp
- cumin 3 tsp
- dried basil 2 tsp
- dried thyme 2 tbsp
- EACH: chili powder and onion powder 0.50 tsp
- garlic powder 2 tsp
- Italian seasoning 2.50 tsp
- kosher salt 3 tsp
- of salt Pinch
- OR 2 tablespoons Italian seasoning
- red pepper flakes 0.50 tsp
- salt 1 tsp
- salt and pepper to taste
- smoked paprika 6 tsp
- tapioca flour 1 tbsp

### Beverages

- water 1 cup

### Canned Goods

- (15 ounce) can diced tomatoes 1
- cans white cannellini beans 2 (15-ounce) cans
- tomato sauce 1 cup

### Condiments

- brown or yellow mustard 1 tsp
- sriracha 1 tbsp

### Dairy

- cottage cheese 2.50 cups
- cream cheese 4 oz

- shredded cheddar cheese or vegan cheese 1 cup
- unsalted butter 15 tbsp

### Meat/Fish

- boneless skinless chicken breasts 1 lb
- chuck roast 2.50 lb
- ground beef 2 lb
- large shrimp 1 lb
- pre-cooked kielbasa or Italian sausage 1

### Pantry

- apple cider vinegar 10 tsp
- chicken broth 2 cups
- coconut aminos or low sodium soy sauce 0.50 cup
- coconut aminos or Worcestershire sauce 2 tbsp
- coconut cream 1 cup
- coconut oil 1 tbsp
- Hamburger buns or roasted sweet potatoes 4
- honey 1.25 cups
- maple syrup 3 tbsp
- mayo 0.25 cup
- olive oil 12 tbsp
- olive oil or avocado oil 1 tbsp
- pure maple syrup 1 tbsp
- red wine vinegar or apple cider vinegar 1 tbsp
- sesame oil 1 tsp
- sourdough bread or crusty bread 5 slice
- tomato paste 2 tbsp
- uncooked white or brown rice 0.25 cup
- uncooked white or brown rice 1 cup

### Produce

- avocado 2.50
- bell peppers 6
- cloves minced garlic 2
- corn 1 (15-ounce) can
- fresh ginger grated 1 tbsp
- garlic 9 cloves
- garlic clove 5
- garlic cloves 3
- lemon juice 2 tbsp
- lime juice 2 tsp
- medium sweet potatoes 4
- medium yellow onion 2
- minced garlic. 25 cloves
- onion powder 2 tbsp
- oregano 1 tsp
- pack mushroom 1
- red bell pepper 2
- red onion 1

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|---|-----------|
| <input type="checkbox"/> red or green bell pepper | 1         |
| <input type="checkbox"/> shallot                  | 1         |
| <input type="checkbox"/> sliced cherry tomatoes   | 1.25 cups |
| <input type="checkbox"/> small yellow onion       | 1         |
| <input type="checkbox"/> yellow onion             | 1 medium  |
| <input type="checkbox"/> yellow squash            | 1         |
| <input type="checkbox"/> zucchini                 | 2         |