

Shopping List

- ☐ baby bok choy 1
- ☐ diced green chiles 2 (4-ounce) cans
- ☐ Freshly cracked pepper and kosher salt
- ☐ Garnish: Green onions
- ☐ ground breakfast sausage 0.50 lb
- ☐ large carrots peeled and sliced 2
- ☐ large tortillas 6
- ☐ low-sodium soy sauce 0.50 cup
- ☐ poblano peppers 2
- ☐ To serve: green onions, cilantro, Chipotle mayo, pico de gallo, or avocado
- ☐ To serve: White rice
- ☐ Toppings as desired

Baking/Spices

- ☐ bay leaf 1
- ☐ black pepper 0.75 tsp
- ☐ chili powder 3 tsp
- ☐ cornstarch 1 tbsp
- ☐ crushed red pepper flakes 0.25 tsp
- ☐ cumin 3 tsp
- ☐ dried dill 0.50 tsp
- ☐ dried oregano 2 tsp
- ☐ dried thyme 0.50 tsp
- ☐ fresh chopped parsley 2 tbsp
- ☐ Italian seasoning 1 tbsp
- ☐ kosher salt 2 tsp
- ☐ of red pepper flakes 4.50 tsp
- ☐ paprika Pinch
- ☐ salt and pepper to taste 1 tsp
- ☐ smoked paprika 1 tsp
- ☐ Tajin 2 tsp

Canned Goods

- ☐ black beans 1 (15-ounce) can
- ☐ can diced tomatoes 1 (14.5-ounce)

- ☐ can green beans 1 (14.5 ounce)
- ☐ can white beans 1 (15-ounce)
- ☐ cans white cannellini beans 2 (15-ounce) cans

Dairy

- ☐ cream cheese 6 oz
- ☐ feta cheese 8 oz
- ☐ Freshly grated parmesan cheese for topping
- ☐ grated parmesan cheese 0.25 cup
- ☐ heavy cream, coconut cream, or cashew cream 1 cup
- ☐ large eggs 12
- ☐ milk 0.50 cup
- ☐ plain greek yogurt 0.25 cup
- ☐ shredded cheddar cheese 6 oz
- ☐ unsalted butter, coconut oil, or vegan butter 1 tbsp

Meat/Fish

- ☐ 4-6-ounce salmon filets 4
- ☐ boneless skinless chicken breasts 1 lb
- ☐ ground chicken 1.50 lb
- ☐ ground pork 1 lb
- ☐ ground turkey 1 lb
- ☐ Italian chicken sausage 12 ounces (4 links)

Optional Toppings

- ☐ Parmesan cheese and parsley for topping
- ☐ Toppings: Crumbled feta cheese, kalamata olives or parsley

Pantry

- ☐ breadcrumbs, gluten-free if needed 0.50 cup
- ☐ carton chicken broth or vegetable broth 1 (32-ounce)
- ☐ chicken broth 2 cups
- ☐ coconut cream 1 cup
- ☐ honey 1 tbsp
- ☐ maple syrup or brown sugar 1 tbsp

<input type="checkbox"/> Marinara sauce	24 oz
<input type="checkbox"/> olive oil	10 tbsp
<input type="checkbox"/> penne pasta	12 oz
<input type="checkbox"/> rice vinegar	1 tbsp
<input type="checkbox"/> sesame oil	2 tbsp
<input type="checkbox"/> soy sauce or coconut aminos	2 tbsp
<input type="checkbox"/> tomato paste	6 tbsp

Produce

<input type="checkbox"/> baby potatoes	6
<input type="checkbox"/> broccoli florets (1 large head of broccoli)	3 cups
<input type="checkbox"/> carrots	4
<input type="checkbox"/> corn	1 (15-ounce) can
<input type="checkbox"/> crushed garlic	2 cloves
<input type="checkbox"/> finely chopped cilantro	2 tbsp
<input type="checkbox"/> finely diced red onion	0.25 cup
<input type="checkbox"/> Fresh basil, parsley, or thyme to garnish	
<input type="checkbox"/> Fresh chopped basil	2 tbsp
<input type="checkbox"/> fresh grated ginger	1 tsp
<input type="checkbox"/> fresh lime juice	2 tbsp
<input type="checkbox"/> fresh squeezed orange juice	0.25 cup
<input type="checkbox"/> garlic	5 cloves
<input type="checkbox"/> jalapeno	0.50
<input type="checkbox"/> large mango	1
<input type="checkbox"/> large ripe avocado	1
<input type="checkbox"/> lemon juice	1 tbsp
<input type="checkbox"/> lemon zest	1 tsp
<input type="checkbox"/> lime juice	2 tbsp
<input type="checkbox"/> medium yellow onion	1
<input type="checkbox"/> minced garlic.	11 cloves
<input type="checkbox"/> oregano	1 tsp
<input type="checkbox"/> poblano pepper	1
<input type="checkbox"/> red bell pepper	1.50
<input type="checkbox"/> small shallot	1
<input type="checkbox"/> stalks celery	3
<input type="checkbox"/> yellow onion	1 medium
	1 small