

## Shopping List

### Baking/Spices

- black pepper 0.50 tsp
- Black pepper and red pepper flakes to taste
- chili powder 1 tsp
- cumin 5 tsp
- EACH: chili powder and dried oregano 2 tsp
- EACH: chili powder and onion powder 0.50 tsp
- EACH: kosher salt 1 tsp
- garlic powder 0.25 tsp
- ground cinnamon 0.50 tsp
- Italian seasoning 1 tbsp
- kosher salt 2.50 tsp
- of salt Pinch
- package taco seasoning 1 (1-ounce)
- salt 1.50 tsp
- smoked paprika 1 tbsp
- Tajin 2.50 tsp
- vanilla extract 1 tsp

### Beverages

- unsweetened almond milk 2.50 cups

### Canned Goods

- black beans 1 cup
- can crushed tomatoes 16 oz
- canned corn 1 cup
- Diced tomatoes 1 (15-ounce) can
- fire-roasted tomatoes 1 (15-ounce) can
- tomato sauce 1 cup

### Condiments

- brown or yellow mustard 1 tsp
- dijon mustard 1 tsp

### Dairy

- cotija cheese 0.50 cup
- goat cheese crumbled 1 oz
- plain Greek yogurt or mayo 0.75 cup
- sour cream 0.33 cup

### Meat/Fish

- 4-5 ounce salmon fillet 1
- bone-in 6
- chuck roast 2 lb
- ground beef 1 lb
- lean ground beef 1 lb
- mild or spicy Italian sausage 1 lb

### Optional Toppings

- Parmesan cheese, fresh parsley, or crusty bread for serving
- Toppings: fresh chopped cilantro, lime juice, red onion, cheddar cheese, jalapeno, black olives, avocado

### Pantry

- avocado oil or olive oil 2 tbsp
- balsamic vinegar 1 tbsp
- bay leaves 2
- beef broth 2.50 cups
- beef broth or chicken broth 4 cups
- chia seeds 0.25 cup
- coconut aminos or Worcestershire sauce 1 tbsp
- coconut oil 1 tbsp
- cooked quinoa 0.25 cup
- dry uncooked green or brown lentils 2 cups
- Hamburger buns or roasted sweet potatoes 4
- honey 2 tsp
- maple syrup 5 tbsp
- mild salsa 1 cup
- olive oil 4 tbsp
- olive oil or avocado oil 0.25 cup
- olive oil 1 tbsp
- raw honey 2 tsp
- raw honey 2 tbsp
- red wine vinegar or apple cider vinegar 1 tbsp
- rolled oats 2.25 cups
- scoops vanilla protein powder 3
- short cut pasta 16 oz
- shortcut pasta (Rotini, shell pasta, etc.) 12 oz
- tahini 1.50 tbsp
- tomato paste 0.25 cup
- water or beef broth 2 tbsp
- water or beef broth 2.50 cups

### Produce

- avocado 0.50
- baby arugula 2 cups
- celery 2 ribs
- cherry tomatoes 1 cup
- chopped cilantro leaves 0.33 cup
- cilantro 0.25 cup
- cloves minced garlic 2
- cup fresh baby spinach 4
- Diced red onion 2 tbsp
- ears corn 6
- fresh lime juice 0.25 cup
- garlic 5 cloves
- garlic cloves 5
- garlic minced 5 cloves

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|---|----------|
| <input type="checkbox"/> jalapeno                 | 2        |
| <input type="checkbox"/> lime juice               | 0.33 cup |
| <input type="checkbox"/> lime juice 2-3 limes     | 2 tbsp   |
| <input type="checkbox"/> medium onion sliced      | 1        |
| <input type="checkbox"/> medium sweet potatoes    | 4        |
| <input type="checkbox"/> medium yellow onion      | 2        |
| <input type="checkbox"/> red onion                | 0.50 cup |
| <input type="checkbox"/> red or green bell pepper | 1        |
| <input type="checkbox"/> roasted sweet potatoes   | 0.25 cup |
| <input type="checkbox"/> shredded kale            | 2 cups   |
| <input type="checkbox"/> small yellow onion       | 1        |