

Shopping List

Baking/Spices

- black pepper 0.25 tsp
- cayenne pepper 1.38 tsp
- chili flakes 5 tsp
- chili powder 2 tsp
- cumin 1 tsp
- dried basil 0.50 tsp
- dried oregano 1 tsp
- dried thyme 0.50 tsp
- EACH: garlic powder, oregano, and salt 1 tsp
- EACH: smoked paprika and cumin 2 tsp
- flour 2 tbsp
- fresh chopped cilantro 2 tbsp
- fresh ground ginger 2 tsp
- garlic powder 2.50 tsp
- kosher salt 2 tsp
- pepper 0.25 tsp
- salt 1 tsp
- Salt and black pepper to taste
- salt and pepper to taste 0.25 tsp
- smoked paprika 6 tsp

Beverages

- water 0.50 cup

Canned Goods

- can black beans 1 15-ounce
- can corn 1 15-ounce
- can fire roasted corn 1 (15 ounce)
- can fire roasted tomatoes 1
- can full fat coconut milk 2 (13.6 ounce)
- can green chiles 1 4-ounce

Dairy

- butter 2 tbsp
- cottage cheese 2.50 cups
- cream cheese (dairy-free if needed) 4 oz
- feta 0.50 cup
- heavy cream or full fat canned coconut cream 1.50 cups
- Homemade creamy jalapeno ranch To serve:
- parmesan cheese 0.25 cup
- unsalted butter 15 tbsp
- whole milk 2 cups

Meat/Fish

- boneless chicken thighs 2 lb
- boneless skinless chicken breasts or thighs 1.50 lb
- chicken breasts 2 (5-6 ounce)

- ground turkey 2 lb
- raw shrimp 1 lb

Optional Toppings

- Toppings: crispy tortilla strips, sour cream, cilantro, lime juice, green onions
- Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

- apple cider vinegar 10 tsp
- chicken broth or bone broth 1.50 cups
- chicken stock 6 cups
- corn starch or tapioca starch dissolved in 1 Tablespoon of water 2 tbsp
- honey 4 tbsp
- jasmine rice 1.25 cups
- olive oil 0.25 cup
- olive oil or avocado oil 6 tbsp
- red wine vinegar 2 tbsp
- sesame oil 3 tbsp
- soy sauce, tamari, or coconut aminos 4 tsp
- sourdough bread or crusty bread 5 slice
- soy sauce, tamari, or coconut aminos 0.67 cup
- uncooked long grain white rice 2 cups

Produce

- avocado 2.50
- broccoli florets 0.50 lb
- chopped broccoli 2 cups
- chopped parsley 0.50 cup
- diced cherry tomatoes 0.50 cup
- Diced red onion 0.25 cup
- finely chopped cilantro 0.25 cup
- fresh lime juice (about 1/2 a lime) 2 tbsp
- garlic 10 cloves
- garlic clove 5
- garlic cloves minced 3
- green bell pepper 1
- jalapeno 1
- juice from 1 lemon
- Juice from one lemon
- large avocado 1
- large Spaghetti squash 1
- lime juice 2 tbsp
- medium red onion 1
- medium yellow onion 1
- medium zucchini 1
- minced garlic. 25 cloves
- red pepper 2
- shredded carrots 2 cups
- sliced cherry tomatoes 1.25 cups

- small yellow onion
- uncooked white rice

1
2 cups