

Shopping List

- ☐ chopped sun dried tomatoes 10 tbsp
- ☐ For serving:
- ☐ Lavash wrap 5
- ☐ Pepper to taste

Baking/Spices

- ☐ black pepper 0.50 tsp
- ☐ cayenne pepper 0.25 tsp
- ☐ chili powder 4 tbsp
- ☐ cumin 3 tsp
- ☐ dried chives 3 tsp
- ☐ dried dill 2 tsp
- ☐ dried oregano 0.50 tsp
- ☐ EACH: cumin and kosher salt 2.25 tsp
- ☐ EACH: garlic powder, onion powder, paprika 1 tsp
- ☐ EACH: smoked paprika, garlic powder, onion powder, and chili powder 1 tsp
- ☐ flour or corn tortillas (Note 2) 8 6-inch
- ☐ garlic powder 1 tbsp
- ☐ Italian seasoning 1.25 tsp
- ☐ kosher salt 4 tsp
- ☐ Kosher salt and pepper to taste 5 tsp
- ☐ Kosher salt to taste
- ☐ package taco seasoning 1 (1 ounce)
- ☐ salt 0.50 tsp
- ☐ Salt and black pepper to taste
- ☐ smoked paprika 2 tbsp
- ☐ 0.25 tsp

Beverages

- ☐ water 0.25 cup

Canned Goods

- ☐ black beans 1 cup
- ☐ can black beans 1 (15 ounce)
- ☐ can corn 1 (15 ounce)
- ☐ can diced tomatoes 1 (28-ounce)
- ☐ can tomato sauce 1 (15-ounce)
- ☐ canned corn 1 cup
- ☐ cans black beans 2 (15-ounce)
- ☐ full-fat canned coconut milk 0.50 cup

Condiments

- ☐ dijon mustard 2 tsp

Dairy

- ☐ crumbled feta cheese 15 tbsp
- ☐ feta cheese 8 oz

- ☐ heavy cream or milk 3 tbsp
- ☐ large egg whites 20
- ☐ shredded Mexican cheese 0.50 cup

Meat/Fish

- 2 and 1/2 cups rotisserie chicken shredded 1
- ☐ ed with 1/2 cup sugar free BBQ sauce(I like primal kitchen)
- ☐ flank steak 1.50 lb
- ☐ ground beef 3 lb
- ☐ ground pork (Note 1) 1 lb
- ☐ pork shoulder (pork butt) 3 lb

Optional Toppings

- Additional optional toppings: shredded
- ☐ mexican cheese, sour cream, tortilla chips
- ☐ Optional: fresh chopped basil and thyme for garnishing
- Toppings: cornbread, scallions, sour cream,
- ☐ m, shredded cheese, avocado, tortilla chips
- Toppings: queso fresco, cotija cheese, avocado crema, sliced avocado, cilantro, pickled red onion

Pantry

- ☐ almond milk more or less depending on your consistency preference 3 tbsp
- ☐ apple cider vinegar 2 tbsp
- ☐ balsamic vinegar 0.50 cup
- ☐ bay leaves 2
- ☐ beef broth 1 cup
- ☐ beef broth/stock 2.50 cups
- ☐ chicken broth 1 cup
- ☐ coconut oil 2 tbsp
- ☐ granulated sugar, honey, or agave 1 tsp
- ☐ honey 1 tbsp
- ☐ honey or agave 1 tbsp
- ☐ maple syrup or brown sugar 0.25 cup
- ☐ mild salsa 1 cup
- ☐ mild salsa verde * see notes 0.25 cup
- ☐ olive oil 7 tbsp
- ☐ olive oil or avocado oil 1 tbsp
- ☐ olive or avocado oil 2 tbsp
- ☐ paleo mayo 0.75 cup
- ☐ red wine vinegar 1 tbsp
- ☐ soy sauce or coconut aminos 3 tbsp
- ☐ uncooked long grain rice 1.25 cups

Produce

- ☐ avocados 1
- ☐ baby spinach 5 cups

<input type="checkbox"/> bell pepper (any color)	1
<input type="checkbox"/> cilantro	0.25 cup
<input type="checkbox"/> cilantro tightly packed	0.50 cup
<input type="checkbox"/> fresh lime juice	0.33 cup
<input type="checkbox"/> fresh orange juice	0.33 cup
<input type="checkbox"/> garlic	14 cloves
<input type="checkbox"/> grape tomatoes	1 cup
<input type="checkbox"/> jalapeno roughly chopped	1
<input type="checkbox"/> Juice from 1/2 a lime	
<input type="checkbox"/> large yellow onion	1
<input type="checkbox"/> large zucchini	3
<input type="checkbox"/> lime juice	2 Tablespoons
	2 tbsp
<input type="checkbox"/> medium white onion	1
<input type="checkbox"/> medium yellow onion	1
<input type="checkbox"/> minced garlic.	6 cloves
<input type="checkbox"/> of garlic or 1 teaspoon garlic powder	1 clove
<input type="checkbox"/> onion powder	1 tbsp
	2 tsp
<input type="checkbox"/> packages sweet mini peppers	2 (16 ounce)
<input type="checkbox"/> red onion	0.50 cup
<input type="checkbox"/> romaine lettuce	8 cups
<input type="checkbox"/> thinly sliced red onion	1 cup
<input type="checkbox"/> Toppings: sliced avocado	
<input type="checkbox"/> yellow or red onion	0.50 small