

## Shopping List

- ☐ Balsamic glaze to taste
- ☐ sliced almond 10 tbsp

### Baking/Spices

- ☐ + 2 tablespoons all-purpose flour 0.33 cup
- ☐ black pepper 0.50 tsp
- ☐ cinnamon 1.25 tsp
- ☐ coconut sugar 3 tbsp
- ☐ corn or flour tortillas 12
- ☐ cumin 0.25 tsp
- ☐ dried dill 1 tsp
- ☐ EACH: chili powder and onion powder 0.50 tsp
- ☐ EACH: garlic powder and onion powder 0.50 tsp
- ☐ EACH: ground coriander and cumin 1 tsp
- ☐ EACH: ground cumin, chili powder 2 tsp
- ☐ EACH: onion powder and kosher salt 0.50 tsp
- ☐ EACH: paprika, dried oregano, kosher salt 1 tsp
- ☐ EACH: smoked paprika and kosher salt 1 tsp
- ☐ ground ginger 0.50 tsp
- ☐ kosher salt 3 tsp
- ☐ of salt Pinch
- ☐ Salt and black pepper to taste
- ☐ salt and pepper to taste
- ☐ smoked paprika 1 tsp
- ☐ yellow curry powder 1 tbsp

### Beverages

- ☐ fresh cold water 0.67 cup

### Canned Goods

- ☐ can full fat coconut milk 1 (15-ounce)
- ☐ tomato sauce 1 cup

### Condiments

- ☐ brown or yellow mustard 1 tsp
- ☐ buffalo sauce 1 cup
- ☐ sriracha 1 tsp
- ☐ sriracha or red chili paste 1 tbsp

### Dairy

- ☐ blue cheese crumbles or shredded cheddar cheese 4 oz
- ☐ cottage cheese 7.50 cups
- ☐ eggs 3
- ☐ large eggs 2
- ☐ plain greek yogurt, coconut cream or sour cream 0.50 cup

### Meat/Fish

- ☐ boneless skinless chicken breasts or thigh 1.50 lb
- ☐ center cut salmon filets 4 (4-6 ounce)
- ☐ chicken breast 1 lb
- ☐ chicken tenders 1.50 lb
- ☐ ground beef 1 lb
- ☐ pork tenderloin 1.50 lb

### Optional Toppings

- For serving: coconut rice, cauliflower rice, toasted sesame seeds, fresh lime juice, cucumber salad (Note 3), and/or green onions
- Warm naan, lime juice, cilantro, Thai basil, crispy shallots (Note 4), chili oil, or red pepper flakes to garnish

### Pantry

- ☐ Basmati rice, white rice, or brown rice, for serving (Note 3)
- ☐ chia seeds 5 tbsp
- ☐ coconut aminos or Worcestershire sauce 1 tbsp
- ☐ coconut oil 1 tbsp
- ☐ creamy peanut butter 3 tbsp
- ☐ crushed corn flakes 2 cups
- ☐ fish sauce 1 tbsp
- ☐ Hamburger buns or roasted sweet potatoes 4
- ☐ honey 3 tbsp
- ☐ maple syrup 5 tsp
- ☐ mayonnaise 3 tbsp
- ☐ milk or almond milk 0.50 cup
- ☐ nut butter 0.33 cup
- ☐ olive oil 5 tbsp
- ☐ olive oil or avocado oil 5 tbsp
- ☐ raw unsalted cashews 0.25
- ☐ red curry paste 1 tbsp
- ☐ red wine vinegar or apple cider vinegar 1 cup
- ☐ rice vinegar 2 tbsp
- ☐ sesame oil 2 tbsp
- ☐ soy sauce 2 tbsp
- ☐ Thai sweet chili sauce 0.25 cup
- ☐ tomato paste 3 tbsp
- ☐ unsalted peanuts 0.25 cup
- ☐ wide rice noodle 0.50 cup
- ☐ 8 oz

### Produce

- ☐ avocado 2.50
- ☐ avocados 2
- ☐ bean sprouts 2 cups
- ☐ celery ribs 3

<input type="checkbox"/> cherry tomatoes	
<input type="checkbox"/> chopped chives	2 tsp
	1 tbsp
<input type="checkbox"/> Chopped cilantro	0.25 cup
<input type="checkbox"/> chopped parsley	1 tbsp
<input type="checkbox"/> cloves minced garlic	2
<input type="checkbox"/> finely chopped cilantro	3 tbsp
	0.50 cup
<input type="checkbox"/> finely diced red onion	0.25 cup
<input type="checkbox"/> fresh grated ginger	1 tbsp
<input type="checkbox"/> fresh mangoes (about 3 large mangoes)	3 cups
<input type="checkbox"/> garlic	2 clove
	4 cloves
<input type="checkbox"/> green onion	5
<input type="checkbox"/> green onions	2
<input type="checkbox"/> grilled or steamed corn	2 cups
<input type="checkbox"/> heads Romaine lettuce	2
<input type="checkbox"/> jalapeno	0.50
<input type="checkbox"/> juice from 1 lime	
<input type="checkbox"/> Juice from 2 limes	
<input type="checkbox"/> Juice from ½ a lime	
<input type="checkbox"/> large avocado	1
<input type="checkbox"/> lemon juice	1 tbsp
<input type="checkbox"/> lime juice	1 tbsp
<input type="checkbox"/> matchstick carrots	1 cup
<input type="checkbox"/> medium avocado	1
<input type="checkbox"/> medium sweet potatoes	4
<input type="checkbox"/> medium yellow onion	2
<input type="checkbox"/> minced garlic.	6 cloves
	1 clove
<input type="checkbox"/> olive oil, avocado oil, or coconut oil	2 tbsp
<input type="checkbox"/> raspberries	1.25 cups
<input type="checkbox"/> red bell pepper	1
<input type="checkbox"/> red or green bell pepper	1
<input type="checkbox"/> shallot	1
<input type="checkbox"/> shredded cabbage or coleslaw	1 cup
<input type="checkbox"/> shredded carrots	0.50 cup
<input type="checkbox"/> thinly sliced green onions	3
<input type="checkbox"/> thinly sliced red onion	0.50