

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
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- 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

<input type="checkbox"/> boneless skinless chicken breasts or thigh	1.50 lb
<input type="checkbox"/> center cut salmon filets	4 (4-6 ounce)
<input type="checkbox"/> chicken breast	1 lb
<input type="checkbox"/> chicken tenders	1.50 lb
<input type="checkbox"/> ground beef	1 lb
<input type="checkbox"/> 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

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

Produce

<input type="checkbox"/> avocado	2.50
<input type="checkbox"/> avocados	2
<input type="checkbox"/> bean sprouts	2 cups
<input type="checkbox"/> celery ribs	3

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