

Shopping List

- chia seeds or flax meal 5 tbsp
- Chopped green onion and sesame seeds for garnish
- frozen blueberries 1.67 cups
- frozen raspberries 1.67 cups
- scoop vanilla protein powder 5

Baking/Spices

- black pepper 0.25 tsp
- brown sugar or coconut sugar 1 tbsp
- chili powder 0.50 tsp
- cinnamon 2.50 tsp
- cumin 0.50 tsp
- fresh cracked black pepper 0.25 tsp
- fresh ground ginger 1 tsp
- garlic powder 1.25 tsp
- kosher salt 3.50 tsp
- packet store bought taco seasoning 1
- paprika 1 tsp
- pepper 0.13 tsp
- Pinch of red pepper flakes
- salt 0.25 tsp
- sea salt 0.50 tsp
- tapioca flour 0.50 tsp

Beverages

- water 1.50 cups

Canned Goods

- can black beans 1 oz
- can corn 1 15-oz
- can full fat coconut milk 1 (13.6 ounce)
- can green chilies 1 oz
- can red enchilada sauce 11 oz
- can sweet corn 1 oz

Condiments

- dijon mustard 1 tsp

Dairy

- goat cheese crumbled 1 oz
- milk 2.50 cups
- shredded cheddar or taco cheese 4 oz
- shredded Mexican cheese 1 cup

Meat/Fish

- 4-5 ounce salmon fillet 1
- boneless skinless chicken breasts 3

- chicken breasts, pounded to an even thickness 4 (5-6 ounce)
- ground turkey 2 lb
- medium uncooked shrimp 1 lb

Optional Toppings

- To top: toasted unsweetened coconut and chopped cilantro
- Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

- balsamic vinegar 1 tbsp
- basmati or long grain white rice 2 cups
- chicken broth, stock or bone broth 1.50 cups
- coconut aminos or low sodium soy sauce 0.33 cup
- cooked quinoa 0.25 cup
- corn starch or tapioca starch dissolved in 1 Tablespoon of water 1 tbsp
- honey 2 tbsp
- mild or medium salsa 1 cup
- nut butter 5 tbsp
- olive oil 4 tbsp
- olive oil or avocado oil 2 tsp
- sesame oil 2 tsp
- soy sauce, tamari, or coconut aminos 0.33 cup
- tahini 1.50 tbsp
- uncooked long grain white rice 1 cup
- uncooked quinoa 1 cup
- uncooked rice or quinoa 0.50 cup

Produce

- avocado 0.50
- Avocado and cilantro to garnish
- baby arugula 2 cups
- bell peppers with the tops cut off and de-seeded through the stem 4
- broccoli florets 12 oz
- chopped broccoli 1 cup
- Chopped cilantro 3 tbsp
- Chopped cilantro, avocado and tomatoes for serving
- Diced red onion 2 tbsp
- fresh lemon juice 2 tsp
- fresh thyme leaves 2 tsp
- garlic 3 cloves
- medium yellow onion 0.50
- minced garlic cloves or 1 teaspoon garlic powder 2
- minced garlic. 4 cloves
- peeled and grated fresh ginger 1 tsp

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|---|----------|
| <input type="checkbox"/> red pepper | 1 |
| <input type="checkbox"/> roasted sweet potatoes | 0.25 cup |
| <input type="checkbox"/> shredded carrots | 1 cup |
| <input type="checkbox"/> yellow onion | 1 |