

## Shopping List

- ☐ hardboiled eggs 7.50
- ☐ pesto 0.50 cup
- ☐ Toppings: Everything bagel seasoning and Mike's hot honey

### Baking/Spices

- ☐ cayenne pepper 0.50 tsp
- ☐ chili powder 4 tsp
- ☐ cumin 1 tsp
- ☐ dried basil 0.50 tsp
- ☐ dried oregano 1 tsp
- ☐ dried thyme 0.50 tsp
- ☐ EACH: chili powder and onion powder 0.50 tsp
- ☐ EACH: dried oregano, onion powder, kosher salt and black pepper 1 tsp
- ☐ EACH: smoked paprika, ground cumin, garlic powder 2 tsp
- ☐ ground cumin 1.50 tsp
- ☐ kosher salt 3.50 tsp
- ☐ of salt Pinch
- ☐ paprika, garlic powder, oregano 1 teaspoon EACH
- ☐ pepper 0.50 tsp
- ☐ salt 0.50 tsp
- ☐ salt and pepper to taste
- ☐ smoked paprika 1.50 tsp

### Beverages

- ☐ pasta cooking water or dry white wine 0.33 cup

### Canned Goods

- ☐ can black beans 15 (1 can)
- ☐ can fire roasted corn 1 (15 ounce)
- ☐ can fire roasted tomatoes 14.50 (1 can)
- ☐ can tomatoes with green chiles (rotel) 1 (10 ounce)
- ☐ tomato sauce 1 cup

### Condiments

- ☐ brown or yellow mustard 1 tsp

### Dairy

- ☐ feta 0.50 cup
- ☐ shredded Mexican cheese 2 cups

### Meat/Fish

- ☐ boneless skinless chicken breasts or thighs 1.50 lb
- ☐ chicken tenders 1.50 lb
- ☐ fresh salmon filets 1 lb
- ☐ ground beef 2 lb
- ☐ ground turkey 1 lb

## Optional Toppings

- ☐ parmesan cheese or basil for topping  
Topping options: sliced radishes, pickled
- ☐ onion, avocado, sour cream (vegan), cilantro, red onion, jalapenos  
Toppings: avocado, cilantro, tortilla chips, sour cream, red onion, cheese, tomatoes, jalapeno

## Pantry

- ☐ avocado oil 5 tsp
- ☐ avocado oil or olive oil 2 tbsp
- ☐ avocado oil, olive oil or butter\* 2 tbsp
- ☐ beef broth 3 cups
- ☐ chicken broth or bone broth 1.50 cups
- ☐ coconut aminos or Worcestershire sauce 1 tbsp
- ☐ coconut cream or heavy cream 0.25 cup
- ☐ coconut oil 1 tbsp
- ☐ corn, grain free or flour tortillas 8
- ☐ Hamburger buns or roasted sweet potatoes 4
- ☐ jasmine rice 1.25 cups
- ☐ maple syrup 3 tbsp
- ☐ of avocado oil or butter 2 tbsp
- ☐ of bread 5 slices
- ☐ olive oil 0.25 cup
- ☐ olive oil or avocado oil 4 tbsp
- ☐ olive oil or avocado oil 1 tbsp
- ☐ red enchilada sauce 1.50 cups
- ☐ red wine vinegar 3 tbsp
- ☐ red wine vinegar or apple cider vinegar 1 tbsp
- ☐ short cut pasta 12 oz
- ☐ tomato paste 0.25 cup
- ☐ tomato paste 0.50 can

## Produce

- ☐ asparagus 1 lb
- ☐ avocado 2.50
- ☐ chopped parsley 0.50 cup
- ☐ cloves minced garlic 2
- ☐ fresh lemon juice 1 tsp
- ☐ garlic 6 cloves
- ☐ garlic cloves minced 3
- ☐ juice from 1 lemon
- ☐ Juice from one lemon
- ☐ medium red onion 1
- ☐ medium sweet potatoes 4
- ☐ medium yellow onion 3
- ☐ medium zucchini 1
- ☐ red bell pepper 1
- ☐ red or green bell pepper 1