

## Shopping List

☐ Worcestershire 1 tsp

### Baking/Spices

☐ black pepper 0.75 tsp  
☐ cayenne pepper 1.25 tsp  
☐ chili flakes 5 tsp  
☐ chili powder 1 tsp  
☐ corn or flour tortillas 12  
☐ cumin 2.25 tsp  
☐ dried dill 0.50 tsp  
☐ EACH: ground cumin, chili powder 2 tsp  
☐ EACH: onion powder and kosher salt 0.50 tsp  
☐ EACH: paprika 1 tsp  
☐ EACH: paprika, dried oregano, kosher salt 1 tsp  
☐ fresh cracked black pepper 0.50 tsp  
☐ fresh ground ginger 1 tsp  
☐ garlic powder 1 tsp  
☐ Italian seasoning 2 tsp  
☐ kosher salt 2.50 tsp  
☐ kosher salt, garlic powder 1 teaspoon EACH:  
☐ of red pepper flakes Pinch  
☐ salt 1 tsp  
☐ salt and pepper to taste  
☐ seasoning salt 3 tsp  
☐ smoked paprika 5.50 tsp

### Beverages

☐ fresh cold water 0.67 cup  
☐ water 0.25 cup

### Canned Goods

☐ can full fat coconut milk 1 (13.6 ounce)

### Condiments

☐ ketchup 2 tbsp  
☐ sriracha or BBQ sauce 2 tsp

### Dairy

☐ cottage cheese 2.50 cups  
☐ Freshly grated parmesan cheese for topping  
☐ heavy cream, coconut cream, or cashew cream 1 cup  
☐ melted unsalted butter or vegan butter 3 tbsp  
☐ parmesan cheese 0.33 cup  
☐ sour cream 0.33 cup  
☐ unsalted butter 15 tbsp  
☐ unsalted butter, coconut oil, or vegan butter 1 tbsp

## Meat/Fish

- |  |                     |
|--|---------------------|
| <input type="checkbox"/> bone-in                 | 6                   |
| <input type="checkbox"/> ground chuck 80% lean   | 1.50 lb             |
| <input type="checkbox"/> ground turkey           | 1 lb                |
| <input type="checkbox"/> Italian chicken sausage | 12 ounces (4 links) |
| <input type="checkbox"/> pork tenderloin         | 1.50 lb             |
| <input type="checkbox"/> salmon filets           | 4 (5-6 ounce)       |

## Optional Toppings

- ☐ Toppings: toasted panko, avocado, green onions, or sesame seeds

## Pantry

- |   |           |
|---|-----------|
| <input type="checkbox"/> apple cider vinegar  | 10 tsp    |
| <input type="checkbox"/> corn starch or tapioca starch dissolved in 1 Tablespoon of water | 1 tbsp    |
| <input type="checkbox"/> Dill pickles to taste  |           |
| <input type="checkbox"/> honey  | 4 tbsp    |
| <input type="checkbox"/> Marinara sauce   | 1.25 cups |
| <input type="checkbox"/> mayonnaise   | 24 oz     |
| <input type="checkbox"/> olive oil  | 0.50 cup  |
| <input type="checkbox"/> olive oil or avocado oil   | 2 tbsp    |
| <input type="checkbox"/> penne pasta  | 8 tbsp    |
| <input type="checkbox"/> plain bread crumbs or Panko bread crumbs                         | 0.25 cup  |
| <input type="checkbox"/> raw honey  | 0.33 cup  |
| <input type="checkbox"/> raw unsalted cashews   | 2 tbsp    |
| <input type="checkbox"/> sesame oil   | 1 cup     |
| <input type="checkbox"/> sourdough bread or crusty bread                                  | 2 tsp     |
| <input type="checkbox"/> soy sauce, tamari, or coconut aminos                             | 5 slice   |
| <input type="checkbox"/> tomato paste   | 0.33 cup  |
| <input type="checkbox"/> uncooked long grain white rice                                   | 3 tbsp    |
|   | 1 cup     |

## Produce

- |  |          |
|--|----------|
| <input type="checkbox"/> avocado                                     | 3.50     |
| <input type="checkbox"/> baby yukon gold potatoes                    | 1 lb     |
| <input type="checkbox"/> broccoli florets (1 large head of broccoli) | 3 cups   |
| <input type="checkbox"/> carrots                                     | 1 lb     |
| <input type="checkbox"/> cherry or grape tomatoes                    | 1 cup    |
| <input type="checkbox"/> chopped broccoli                            | 1 cup    |
| <input type="checkbox"/> chopped cilantro leaves                     | 0.33 cup |
| <input type="checkbox"/> chopped romaine or butter lettuce           | 4 cups   |
| <input type="checkbox"/> finely chopped cilantro                     | 0.50 cup |
| <input type="checkbox"/> finely diced red onion                      | 0.25 cup |
| <input type="checkbox"/> Fresh basil, parsley, or thyme to garnish   |          |
| <input type="checkbox"/> fresh chopped dill                          | 2 tbsp   |
| <input type="checkbox"/> fresh dill                                  | 3 tbsp   |
| <input type="checkbox"/> fresh parsley                               | 0.25 cup |
| <input type="checkbox"/> garlic                                      | 2 clove  |
|  | 6 cloves |

<input type="checkbox"/> garlic clove	5
<input type="checkbox"/> grilled or steamed corn	2 cups
<input type="checkbox"/> jalapeno	0.50
<input type="checkbox"/> juice from 1 lime	
<input type="checkbox"/> Juice from 2 limes	
<input type="checkbox"/> large avocado	1
<input type="checkbox"/> large sweet potatoes	2
<input type="checkbox"/> lemon juice	2 tbsp
<input type="checkbox"/> lime juice	0.33 cup
<input type="checkbox"/> medium yellow onion	0.50
<input type="checkbox"/> minced garlic.	37 cloves
	1 clove
<input type="checkbox"/> minced shallot	0.50
<input type="checkbox"/> red onion	0.50
<input type="checkbox"/> red pepper	1
<input type="checkbox"/> shredded carrots	1 cup
<input type="checkbox"/> sliced cherry tomatoes	1.25 cups
<input type="checkbox"/> Zest from 1/2 lemon	