

Shopping List

*This list assumes you have salt, pepper, and olive oil a

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| ☐ Chili crunch | 2 tsp |
| ☐ chopped green onions | 0.25 cup |
| ☐ cooked white rice | 2 cups |
| ☐ edamame | 1 cup |
| ☐ grated ginger | 1 tsp |
| ☐ mini cucumber | 3 |
| ☐ Mirin | 1 tbsp |
| ☐ shredded red cabbage | 2 cups |
| ☐ Worcestershire | 1 tsp |

Baking/Spices

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| ☐ cayenne pepper | 0.13 tsp |
| ☐ chili powder | 0.50 tsp |
| | 1 tbsp |
| ☐ cornstarch or tapioca starch | 1 tsp |
| ☐ paprika | 1 tsp |
| ☐ garlic powder | 0.75 tsp |
| ☐ ground coriander | 0.50 tsp |
| ☐ ground cumin | 4 tsp |
| ☐ red pepper flakes | 0.25 tsp |
| ☐ seasoning salt | 3 tsp |
| ☐ smoked paprika | 3.50 tsp |

Dairy

- ☐ Homemade creamy jalapeno ranch to serve

Meat/Fish

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| ☐ boneless skinless chicken breast | 1.50 lb |
| ☐ ground chuck 80% lean | 1.50 lb |
| ☐ package Mexican Style Chicken Sausage | 1 (12 ounce) |
| ☐ raw shrimp | 1 lb |
| ☐ salmon filets | 4 (3-4 oz) |

Optional Toppings

- ☐ Optional for serving: fresh lime juice, fresh parsley, fresh cilantro, or avocado
- ☐ Toppings: sesame seeds and sliced green

Pantry

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| ☐ avocado oil | 3 tbsp |
| ☐ can fire roasted corn | 1 (15 ounce) |
| ☐ can black beans | 1 (15 ounce) |
| ☐ 14 ounce can fire roasted tomatoes, not drained | 1 |
| ☐ cashews | 0.33 cup |
| ☐ chicken broth | 0.33 cup |

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|---|---------------|
| ☐ chipotle peppers in adobo sauce | 2 |
| ☐ Dill pickles to taste | |
| ☐ maple syrup | 2 tbsp |
| ☐ mayonnaise | 0.50 cup |
| ☐ package pre-cooked jasmine rice | 2 (8.8 ounce) |
| ☐ raw honey | 2 tbsp |
| ☐ sesame oil | 2 tbsp |
| | 2 tsp |
| ☐ ketchup | 2 tbsp |
| ☐ soy sauce | 2 tbsp |
| ☐ sriracha or BBQ sauce | 2 tsp |
| ☐ taco shells + taco fixings of choice for Chicken Tinga night | |
| ☐ tahini | 0.25 cup |
| ☐ tamari or soy sauce | 0.33 cup |

Produce

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| ☐ avocado | 2 |
| ☐ cherry or grape tomatoes | 1.5 cup |
| ☐ chopped romaine or butter lettuce | 4 cups |
| ☐ fresh cilantro | 4 tbsp |
| ☐ fresh ginger | 1 tsp |
| ☐ fresh mint | 1 tbsp |
| ☐ garlic cloves | 8 |
| ☐ jalapeno | 1 |
| ☐ large sweet potatoes | 2 |
| ☐ lime juice | 4 tbsp |
| ☐ medium yellow onion | 2 |
| ☐ minced shallot | 0.50 |
| ☐ onion powder | 0.25 tsp |
| ☐ oregano | 0.75 tsp |
| ☐ red onion | 1 |
| ☐ sweet bell peppers any color | 3 |
| ☐ uncooked white rice | 2 cups |