

Shopping List

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

Baking/Spices

- | | |
|--|----------|
| <input type="checkbox"/> all purpose flour | 0.25 cup |
| <input type="checkbox"/> cajun seasoning | 1 tbsp |
| <input type="checkbox"/> chili powder | 3 tsp |
| <input type="checkbox"/> cumin | 2 tsp |
| <input type="checkbox"/> dried oregano | 3 tsp |
| <input type="checkbox"/> dried thyme | 0.50 tsp |
| <input type="checkbox"/> garlic powder | 2 tsp |
| <input type="checkbox"/> ground ginger | 1 tsp |
| <input type="checkbox"/> Italian seasoning | 1 tsp |
| <input type="checkbox"/> onion powder | 0.50 tsp |
| <input type="checkbox"/> red pepper flakes | Pinch |
| <input type="checkbox"/> smoked paprika | 2 tsp |

Dairy

- | | |
|--|----------|
| <input type="checkbox"/> cottage cheese | 1 cup |
| <input type="checkbox"/> feta | 0.50 cup |
| <input type="checkbox"/> fresh mozzarella cheese | 4 oz |
| <input type="checkbox"/> grated parmesan cheese | 0.50 cup |
| <input type="checkbox"/> heavy cream | 0.50 cup |
| <input type="checkbox"/> large eggs | 2 |
| <input type="checkbox"/> shredded Italian blend cheese | 4 oz |

Meat/Fish

- | | |
|---|-------------------|
| <input type="checkbox"/> boneless skinless chicken thighs | 1.50 lb |
| <input type="checkbox"/> ground chicken | 2 lb |
| <input type="checkbox"/> shrimp | 1 lb |
| <input type="checkbox"/> sliced pepperoni | 1 oz |
| <input type="checkbox"/> smoked andouille sausage | 1 (12 oz) package |

Optional Toppings

- ☐ To garnish: cilantro, chopped cashews or toasted coconut
- For serving: hamburger buns, tzatziki sauce (see notes), avocado, mayo, tomato, or red onions
- ☐ Fresh parsley for serving
- Toppings: cilantro, avocado, red onion, sour cream (we used Kite Hill vegan sour cream), cheese or tomatoes

Pantry

- | | |
|---|----------------|
| <input type="checkbox"/> 100% pineapple juice | 0.25 cup |
| <input type="checkbox"/> can pineapple chunks in 100% pineapple juice | 1 (20 ounce) |
| <input type="checkbox"/> can full fat coconut milk | 1 (13.5 ounce) |
| <input type="checkbox"/> 6-8" flour tortillas | 8 |

<input type="checkbox"/> breadcrumbs	0.25 cup
<input type="checkbox"/> chicken broth	1.25 cups
<input type="checkbox"/> chipotle in adobo sauce	1 tbsp
<input type="checkbox"/> coconut aminos	0.50 cup
<input type="checkbox"/> full-fat canned coconut milk	0.50 cup
<input type="checkbox"/> honey	2 tbsp
<input type="checkbox"/> mayonnaise	2 tbsp
<input type="checkbox"/> pizza sauce	0.75 cup
<input type="checkbox"/> sesame oil	2 tsp
<input type="checkbox"/> short cut pasta (like penne)	12 oz
<input type="checkbox"/> tomato paste	2 tbsp
<input type="checkbox"/> uncooked jasmine rice	1.50 cups

Canned Goods**Produce**

<input type="checkbox"/> garlic	7 cloves
<input type="checkbox"/> bell peppers (any color)	2
<input type="checkbox"/> orange pepper	1
<input type="checkbox"/> red peppers	2
<input type="checkbox"/> yellow pepper	1
<input type="checkbox"/> small shallot	1
<input type="checkbox"/> yellow onion	1
	1 medium