

Shopping List

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

Baking/Spices

- | | |
|---|------------------|
| <input type="checkbox"/> chili powder | 1 tsp |
| <input type="checkbox"/> cornstarch | 2 tsp |
| | 1 tbsp |
| <input type="checkbox"/> cumin | 1 tsp |
| <input type="checkbox"/> fresh chopped rosemary | 2 tsp |
| <input type="checkbox"/> garlic powder | 2.50 tsp |
| <input type="checkbox"/> Italian seasoning | 2 tsp |
| <input type="checkbox"/> onion powder | 0.50 tsp |
| <input type="checkbox"/> red pepper flakes | 0.50 tsp + pinch |
| <input type="checkbox"/> smoked paprika | 2 tsp |

Dairy

- | | |
|---|----------|
| <input type="checkbox"/> heavy cream | 0.75 cup |
| <input type="checkbox"/> Milk or cream to taste | |
| <input type="checkbox"/> parmesan cheese | 0.25 cup |
| <input type="checkbox"/> parmesan cheese or nutritional yeast | 0.50 cup |
| <input type="checkbox"/> shredded Mexican or cheddar cheese | 1 cup |
| <input type="checkbox"/> shredded cheddar cheese | 2 cups |

Meat/Fish

- | | |
|--|-------------------|
| <input type="checkbox"/> boneless skinless chicken breasts | 1.50 lb |
| <input type="checkbox"/> chicken breasts | 3 lb |
| <input type="checkbox"/> maple sausage | 2 (11oz) packages |
| <input type="checkbox"/> salmon filets | 4 (6 ounce) |

Pantry

- | | |
|---|-----------------|
| <input type="checkbox"/> black beans | 1 (15 oz) can |
| <input type="checkbox"/> chicken broth | 6 cups |
| <input type="checkbox"/> diced green chilies | 1 (4.5 oz) can |
| <input type="checkbox"/> dijon mustard | 1 tbsp |
| <input type="checkbox"/> gnocchi | 12 oz |
| <input type="checkbox"/> honey | 3 tbsp |
| <input type="checkbox"/> long-grain white rice | 1.25 cups |
| <input type="checkbox"/> low sodium chicken broth | 4 cups |
| <input type="checkbox"/> low sodium soy sauce or coconut amino
s | 0.33 cup |
| <input type="checkbox"/> maple syrup | 0.25 cup |
| <input type="checkbox"/> red enchilada sauce | 10 oz |
| <input type="checkbox"/> sun dried tomatoes | 1 (8-ounce) jar |
| <input type="checkbox"/> tomato paste | 4 tbsp |
| <input type="checkbox"/> uncooked quinoa | 1 cup |

Produce

- | | |
|---|--------|
| <input type="checkbox"/> baby spinach | 5 cups |
| <input type="checkbox"/> brussels sprouts | 16 oz |

- carrots 2 lb
- chopped green onion or parsley for serving
- corn 1 (15 oz) can
- Fresh basil, parmesan cheese, or red pepper flakes
- fresh thyme 2 tbsp
- frozen broccoli 12 oz
- garlic 10 cloves
- lemon juice (juice from 1 lemon) 0.25 cup
- medium apples 2
- sweet potatoes 1 lb
- yellow onion 1 small
- 1
- Toppings: chopped cilantro, avocado, tortilla chips, sour cream, tomatoes