

## Shopping List

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- diced green chilies 1 (4.5 oz) can
- For serving: chopped cilantro
- For serving: naan or flatbread, finely shredded iceberg lettuce, hummus, tabbouleh, red onion or pickled red onion, feta cheese, tzatziki, sriracha
- uncooked quinoa rinsed 1.25 cups
- unsweetened full-fat coconut cream 0.50 cup

### Baking/Spices

- 1:1 baking flour 5.50 cups
- 32 oz fresh strawberries, quartered or sliced 2 pt
- baking powder 3.50 tsp
- baking soda 0.50 tsp
- black pepper 0.25 tsp
- cayenne pepper 0.25 tsp
- chili powder 1 tsp
- cornstarch or tapioca starch 1 tbsp
- cumin 1.50 tsp
- dried oregano 1 tsp
- dried thyme 1 tsp
- garlic powder 2 tsp
- granulated sugar 1.50 tsp
- honey or brown sugar 1 tbsp
- kosher salt 5 tsp
- of red pepper flakes Pinch
- OR 1 tablespoon cajun seasoning
- salt 1.25 tsp
- salt and pepper to taste
- sea salt 0.25 tsp
- Sea salt to top
- Sesame seeds 1 tsp

- smoked paprika 3 tsp
- vanilla 0.50 tsp
- Beverages**
- full-fat coconut milk 0.25 cup
- Canned Goods**
- black beans 1 (15 oz) can
- fire-roasted tomatoes 1 (14.5 ounce) can
- Dairy**
- plain greek yogurt 3 tbsp
- shredded Mexican cheese 1 cup
- Meat/Fish**
- 4 ounce salmon filets 4
- boneless skinless chicken breast 1 lb
- ground beef 1 lb
- ground chicken 1 lb
- ground turkey 2 lb
- pre-cooked smoked sausage 14 oz
- Optional Toppings**
- Garnish: Green onions, sesame seeds, or red pepper flakes
- To serve: White rice, brown rice, coconut
- rice, ramen noodles, lettuce cups, or cauliflower rice
- Pantry**
- avocado or olive oil 2 tbsp
- chicken broth 2 cups
- coconut aminos 2 tbsp
- cold vegan butter 1.50 cups
- Homemade coconut whipped cream
- homemade vegan buttermilk 2 cups
- low sodium chicken broth 1.25 cups
- low sodium soy sauce or coconut aminos 0.50 cup
- maple syrup, brown rice syrup or date syrup 2 tbsp
- 0.25 cup

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|--|-----------|
| <input type="checkbox"/> olive oil                               | 4 tbsp    |
| <input type="checkbox"/> penne pasta                             | 12 oz     |
| <input type="checkbox"/> raw honey                               | 1 tbsp    |
| <input type="checkbox"/> red enchilada sauce                     | 1.25 cups |
| <input type="checkbox"/> rice vinegar                            | 2 tsp     |
|  | 1 tbsp    |
| <input type="checkbox"/> sesame oil or olive oil                 | 2 tbsp    |
| <input type="checkbox"/> tablespoon maple syrup, brown rice syru | 1         |
| <input type="checkbox"/> p or date syrup                         |           |
| <input type="checkbox"/> tahini                                  | 2 tbsp    |
| <input type="checkbox"/> vegan butter                            | 0.25 cup  |

**Produce**

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|---|---------------|
| <input type="checkbox"/> asparagus                      | 1 lb          |
| <input type="checkbox"/> chopped broccoli florets       | 3 cups        |
| <input type="checkbox"/> Chopped chives for serving     |               |
| <input type="checkbox"/> Chopped parsley or green onion |               |
| <input type="checkbox"/> corn                           | 1 (15 oz) can |
| <input type="checkbox"/> fresh grated ginger            | 1.50 tsp      |
| <input type="checkbox"/> fresh lemon juice              | 2 tsp         |
| <input type="checkbox"/> fresh parsley                  | 2 tbsp        |
| <input type="checkbox"/> fresh squeezed orange juice    | 0.25 cup      |
| <input type="checkbox"/> garlic                         | 6 cloves      |
|   | 1 clove       |
| <input type="checkbox"/> large carrots                  | 2             |
| <input type="checkbox"/> medium onion                   | 0.50          |
| <input type="checkbox"/> medium yellow onion            | 1             |
| <input type="checkbox"/> medium zucchini                | 2             |
| <input type="checkbox"/> onion powder                   | 1.50 tsp      |
| <input type="checkbox"/> oregano                        | 1 tsp         |
| <input type="checkbox"/> red bell pepper                | 1             |
| <input type="checkbox"/> red onion                      | 0.50          |
| <input type="checkbox"/> roma tomatoes                  | 2             |
| <input type="checkbox"/> small yellow onion             | 1             |
| <input type="checkbox"/> snap peas                      | 2 cups        |

