

Shopping List

- adobo sauce 1 tbsp
- broccolini 3 cups
- Drizzle of avocado oil or olive oil
- finely shredded cabbage 3 cups
- full fat plain Greek yogurt 0.83 cup
- Gochujang 1 tsp
- Italian seasoned breadcrumbs 1.50 cups
- lime zest 1 tsp
- low-sodium soy sauce 0.50 cup
- Optional for serving: chopped cilantro, green onions, Thai basil, chili crisp, lime wedges
- shredded kale or romaine 6 cups
- Taco toppings: cilantro, avocado, feta, or pickled red onion
- Toppings: sesame seeds and green onion
- udon noodles 8 oz

Baking/Spices

- all purpose flour 1.50 cups
- baking powder 1.50 cups + 2 Tablespoons
- baking powder 2 tsp
- baking soda 0.25 tsp
- brown sugar 0.83 cup
- cayenne pepper 0.50 tsp
- cinnamon 1 teaspoon
- corn or flour tortillas 1 tsp
- cornstarch 12
- cumin 4 tbsp
- EACH: dried oregano, onion powder, kosher salt and black pepper 1.25 tsp
- EACH: ground cumin, chili powder 1 tsp
- EACH: onion powder and kosher salt 2 tsp
- EACH: paprika, dried oregano, kosher salt 0.50 tsp
- EACH: smoked paprika, ground cumin, garlic powder 1 tsp
- granulated sugar 2 tsp
- kosher salt 0.33 cup
- Kosher salt and pepper to taste 5 tsp
- salt 0.50 tsp
- vanilla extract 1 tsp

Beverages

<input type="checkbox"/> fresh cold water	0.67 cup
<input type="checkbox"/> full-fat coconut milk	2 (13oz) cans
Condiments	
<input type="checkbox"/> dijon mustard	2 tsp
Dairy	
<input type="checkbox"/> eggs	3 large
	2
<input type="checkbox"/> finely grated parmesan cheese	0.33 cup
<input type="checkbox"/> grated parmesan cheese	2 tbsp
<input type="checkbox"/> milk	1 cup
<input type="checkbox"/> sour cream	0.25 cup
<input type="checkbox"/> unsalted butter	1 tbsp
	0.83 cup
Meat/Fish	
<input type="checkbox"/> boneless skinless chicken breast	3 lb
<input type="checkbox"/> ground beef	1 lb
<input type="checkbox"/> large shrimp	1 lb
<input type="checkbox"/> pork tenderloin	1.50 lb
Pantry	
<input type="checkbox"/> avocado oil	8 tbsp
<input type="checkbox"/> Corn Tortillas	8
<input type="checkbox"/> honey	1 tsp
	2 tbsp
<input type="checkbox"/> maple syrup	0.33 cup
<input type="checkbox"/> olive oil	2 tbsp
<input type="checkbox"/> olive oil or avocado oil	0.25 cup
<input type="checkbox"/> Panko bread crumbs	0.25 cup
<input type="checkbox"/> raw unsalted cashews	1 cup
<input type="checkbox"/> red curry paste	2 tbsp
<input type="checkbox"/> rice vinegar	2 tbsp
<input type="checkbox"/> sesame oil	2 tbsp
<input type="checkbox"/> worcestershire sauce	2 tsp
Produce	
<input type="checkbox"/> blueberries	1 cup
<input type="checkbox"/> brussels sprouts	12 oz
<input type="checkbox"/> finely chopped cilantro	1 tbsp
	0.50 cup
<input type="checkbox"/> finely diced red onion	0.25 cup
<input type="checkbox"/> fresh ginger	2 tsp
<input type="checkbox"/> fresh grated ginger	2.50 tsp
<input type="checkbox"/> garlic	2 clove
	11 cloves
<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"/> large avocado	1

lemon juice

1 tbsp

lime juice

3 tbsp

minced garlic.

0.33 cup

red bell pepper

1 clove

scallions

1

snap peas

3

sweet potatoes

2 cups

yellow onion

2 medium

1 small