

Shopping List

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

- ☐ carton chicken broth 1 (32-ounce)
- ☐ shells 12 oz
- ☐ white beans 1 (15 ounce) can

Baking/Spices

- ☐ bay leaf 1
- ☐ chili powder 1 tbsp
- ☐ garlic powder 1.25 tsp
- ☐ ground cumin 2 tsp
- ☐ ground ginger 1 tsp
- ☐ Italian seasoning 1 tbsp
- ☐ onion powder 2 tsp
- ☐ oregano 0.25 tsp
- ☐ red pepper flakes 0.25 tsp + pinch
- ☐ Sesame seeds 1 tsp
- ☐ smoked paprika 2 tsp

Pantry

- ☐ beef broth 3 cups
- ☐ Diced tomatoes 1 (14.5 ounce) can
- ☐ can black beans 1 (15 ounce)
- ☐ coconut aminos 1 tbsp
- ☐ full-fat coconut milk 1 (13.6 oz) can
- ☐ honey 2 tsp
- ☐ hot sauce (I used Frank's Red Hot) 0.75 cup
- ☐ jasmine rice 1 cup
- ☐ mayonnaise 0.50 cup
- ☐ package pre-cooked jasmine rice 2 (8.8 ounce)
- ☐ ranch dressing 0.50 cup
- ☐ rice vinegar 2 tbsp
- ☐ sriracha 2 tsp
- ☐ Thai sweet chili sauce 3 tbsp
- ☐ tomato sauce 1 (15 oz) can
- ☐ tomato paste 3 tbsp

Dairy

- ☐ block full-fat cream cheese 4 oz
- ☐ cottage cheese 1 cup
- ☐ heavy cream 2 tbsp
- ☐ shredded cheddar cheese 2 cups

Frozen

- ☐ frozen cauliflower rice 24 oz

Meat/Fish

- ☐ cooked chicken 1 lb
- ☐ ground beef 1 lb
- ☐ ground turkey 2 lb
- ☐ package Mexican Style Chicken Sausage 1 (12 ounce)

Optional Toppings

- ☐ Parmesan cheese and parsley for topping
- ☐ sliced green onions, sour cream, ranch, or blue cheese crumbles for serving
- ☐ fresh lime juice, fresh parsley, fresh cilantro, or avocado

Produce

- ☐ baby potatoes 6
- ☐ carrots 6
- ☐ celery 3 stalks
- ☐ english cucumber 3
- ☐ garlic 10 cloves
- ☐ green beans 1 (14.5 ounce) can
- ☐ lime juice 1 tsp
- ☐ ribs celery 3
- ☐ sweet bell peppers any color 3
- ☐ small yellow onion 1
- ☐ medium yellow onion 3