

Shopping List

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

Pantry

- | | |
|---|----------------|
| ☐ avocado oil | |
| ☐ black beans | 1 (15 oz) can |
| ☐ chipotle peppers in adobo | 2 |
| ☐ coconut aminos | 0.50 cup |
| ☐ Corn Tortillas | 12 |
| ☐ diced green chilies | 1 (4.5 oz) can |
| ☐ high quality mayo | 1 cup |
| ☐ hoisin sauce | 2 tbsp |
| ☐ honey | 3 tbsp |
| ☐ low sodium chicken broth | 1.25 cups |
| ☐ low sodium soy sauce or coconut amino
s | 0.50 cup |
| ☐ maple syrup | 1 tsp |
| ☐ red enchilada sauce | 1.25 cups |
| ☐ rice vinegar | 1 tbsp |
| ☐ peanut butter or cashew butter | 2 tbsp |
| ☐ pizza sauce | 0.75 cup |
| ☐ rice wine vinegar | 2 tbsp |
| ☐ sesame oil or olive oil | 2 tbsp |
| ☐ uncooked quinoa rinsed | 1.25 cups |
| ☐ water chestnuts | 1 (8-oz) can |

Baking/Spices

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|---|----------|
| ☐ all purpose flour | 0.25 cup |
| ☐ cayenne | Pinch |
| ☐ chili powder | 4 tsp |
| ☐ cornstarch | 1 tbsp |
| ☐ cornstarch or tapioca starch | 1 tbsp |
| ☐ cumin | 1.50 tsp |
| ☐ garlic powder | 2.50 tsp |
| ☐ honey or brown sugar | 1 tbsp |
| ☐ Italian seasoning | 1 tsp |
| ☐ onion powder | 1 tsp |
| ☐ smoked paprika | 2 tsp |
| | 1 tbsp |

Dairy

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|--|--------|
| ☐ chihuahua cheese | 2 cups |
| ☐ cottage cheese | 1 cup |
| ☐ fresh mozzarella cheese | 4 oz |
| ☐ large eggs | 2 |
| ☐ shredded Italian blend cheese | 4 oz |
| ☐ shredded Mexican cheese | 1 cup |

Meat/Fish

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|---|---------|
| ☐ chicken breast | 1.50 lb |
| ☐ ground beef | 1 lb |
| ☐ ground chicken | 2 lb |
| ☐ ground turkey | 2 lb |
| ☐ sliced Pepperoni | 1 oz |

Optional Toppings

- ☐ For serving: chopped cilantro
- ☐ Toppings for serving: pico de gallo, guacamole, white onion, cilantro
- ☐ For toppings: sliced green onions, crushed peanuts, avocado, and/or fresh cilantro
- ☐ Garnish: Green onions, sesame seeds, or red pepper flakes
- To serve: White rice, brown rice, coconut rice, ramen noodles, lettuce cups, or cauliflower rice

Produce

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|--|---------------|
| ☐ Butter lettuce | |
| ☐ chopped broccoli florets | 3 cups |
| ☐ corn | 1 (15 oz) can |
| ☐ fresh grated ginger | 2.50 tsp |
| ☐ fresh squeezed orange juice | 0.25 cup |
| ☐ garlic | 6 cloves |
| ☐ large carrots | 2 |
| ☐ lime juice | 2.50 tbsp |
| ☐ red bell pepper | 1 |
| ☐ shredded carrots | 2 cups |
| ☐ small yellow onion | 2 |
| ☐ snap peas | 2 cups |