

Shopping List

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

Produce

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|--|-------------------|
| ☐ chopped yellow onion | 0.50 cup |
| ☐ chopped celery | 0.25 cup |
| ☐ edamame | 1 cup |
| ☐ finely chopped cilantro | 0.50 cup |
| ☐ finely diced red onion | 0.25 cup |
| ☐ red cabbage | 2 cups |
| ☐ sliced green onions | 0.50 cup |
| ☐ Fresh chopped basil | 0.25 cup |
| ☐ fresh mandarin oranges | 3 |
| ☐ fresh grated ginger | 1 tsp |
| ☐ garlic cloves | 16 |
| ☐ green cabbage | 4 cups |
| ☐ grilled or steamed corn | 2 cups |
| ☐ hummus to taste | |
| ☐ jalapeno | 0.50 |
| ☐ lime juice | 0.33 cup + 1 lime |
| ☐ large avocado | 1 |
| ☐ Juice from 1 a lemon | |
| ☐ Marinated cucumbers and tomatoes | |
| ☐ Mixed salad greens + olive oil to taste | |
| ☐ orange zest | 1 tsp |
| ☐ red bell pepper | 1 |
| ☐ red potatoes | 1.50 lb |
| ☐ ripe avocado | 1 |
| ☐ shallots | 2 |
| ☐ shredded carrots | 1 cup |

Optional Toppings

- ☐ Garnish: basil, bacon, corn kernels, black pepper
- ☐ For serving: sesame seeds, green onion s, and cilantro,

Baking/Spices

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| ☐ cumin | 2.25 tsp |
| ☐ onion powder | 1 tsp |
| ☐ chili powder | 2 tsp |
| ☐ dried oregano | 1 tsp |
| ☐ flour | 3 tbsp |
| ☐ garlic powder | 1 tsp |
| ☐ Italian seasoning | 2 tsp |
| ☐ smoked paprika | 2 tsp |

Dairy

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| ☐ Crumbled feta or Crazy feta to taste | |
| ☐ heavy cream | 0.50 cup |
| ☐ milk | 2 cups |
| ☐ parmesan cheese | 0.50 cup |
| ☐ shredded cheddar cheese | 1 cup |
| ☐ heavy cream | 1 cup |
| ☐ shredded mozzarella cheese | 1.50 cups |
| ☐ unsalted butter | 4 tbsp |

Meat/Fish

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| ☐ boneless skinless chicken thighs | 1.50 lb |
| ☐ chicken breast | 1 lb |
| ☐ pork tenderloin | 1.50 lb |
| ☐ shredded chicken | 2 cups |
| ☐ thick cut bacon | 5 slices |

Pantry

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| ☐ chicken broth | 0.50 cup |
| ☐ cooked Basmati rice | 2 cups |
| ☐ corn kernels | 5 cups |
| ☐ Harissa paste | 4 tbsp |
| ☐ honey | 3 tbsp |
| ☐ corn or flour tortillas | 12 |
| ☐ cooked rice | 2 cups |
| ☐ low-sodium soy sauce | 0.25 cup |
| ☐ maple syrup | 3 tbsp |
| ☐ Pickled red onions to taste | |
| ☐ Pita Chips | |
| ☐ raw unsalted cashews | 1 cup |
| ☐ rice vinegar | 3 tbsp |
| ☐ sesame oil | 1 tbsp |
| ☐ slivered almonds | 0.33 cup |
| ☐ tahini | 0.33 cup |
| ☐ tahini | 3 tbsp |
| ☐ tamari or soy sauce | 1 tbsp |
| ☐ uncooked potato gnocchi | 1 lb |
| ☐ vegetable broth | 3 cups |