

Shopping List

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

Baking/Spices

- | | |
|---|----------|
| ☐ cayenne pepper | 0.13 tsp |
| ☐ chili powder | 3.50 tsp |
| ☐ coconut sugar or brown sugar | 1 tbsp |
| ☐ cornstarch | 1 tbsp |
| ☐ cumin | 3 tsp |
| ☐ EACH: garlic powder, oregano | 1 tsp |
| ☐ onion powder | 1 tsp |
| ☐ smoked paprika | 2 tsp |
| ☐ garlic powder | 4 tsp |
| ☐ paprika | 2 tsp |
| ☐ smoked paprika | 3.50 tsp |

Dairy

- | | |
|---|-----------|
| ☐ cream cheese (dairy-free if needed) | 4 oz |
| ☐ grated parmesan cheese | 0.25 cup |
| ☐ heavy cream or full fat canned coconut cream | 1.50 cups |
| ☐ Homemade creamy jalapeno ranch | To serve: |
| ☐ milk | 0.33 cup |
| ☐ parmesan cheese or nutritional yeast | 0.50 cup |
| ☐ plain greek yogurt | 1 cup |

Meat/Fish

- | | |
|--|------|
| ☐ boneless chicken thighs | 2 lb |
| ☐ ground chicken | 1 lb |
| ☐ ground turkey | 1 lb |
| ☐ pork chops | 4 |
| ☐ raw shrimp | 1 lb |

Optional Toppings

- ☐ Toppings: crispy tortilla strips, sour cream, cilantro, lime juice, green onions

Pantry

- | | |
|--|--------------|
| ☐ breadcrumbs | 0.33 cup |
| ☐ can black beans | 1 (15 ounce) |
| ☐ can corn | 1 (15 ounce) |
| ☐ can fire roasted corn | 1 (15 ounce) |
| ☐ can fire roasted tomatoes | 1 |
| ☐ can green chiles | 1 (4 ounce) |
| ☐ chicken stock | 6 cups |
| ☐ hot honey* | 2 tbsp |
| ☐ shredded dill pickles | 0.33 cup |
| ☐ cooked white rice | 2 cups |
| ☐ tortillas | 6 |

Produce

☐ carrots	2 lb
☐ diced cherry tomatoes	0.50 cup
☐ Diced red onion	0.25 cup
☐ finely chopped cilantro	0.25 cup + 2 Tbsp
☐ fresh dill	3 tbsp
☐ fresh chopped rosemary	1 tbsp
	2 tsp
☐ fresh thyme	2 tsp
☐ garlic	2 cloves
	1 clove
☐ green bell pepper	1
☐ jalapeno	1
☐ large apple (or 2 small apples)	1
☐ large avocado	1
☐ large sweet potatoes	3
☐ lemon juice	1 tbsp
☐ fresh lime juice (about 1/2 a lime)	2 tbsp
☐ lime juice	2 tbsp
☐ oregano	1 tsp
☐ small shallot	1
☐ small yellow onion	1