

Shopping List



ITEMS

Canned / Packaged Goods:

- 2 tbsp honey
- 1 tbsp soy sauce (ensure gluten free if making for someone with celiac)
- 1 cup marinara sauce
- 1/4 cup almond butter
- 1/4 cup sun dried tomatoes
- 8 small roasted red peppers from a jar
- 1 tbsp vinegar
- 8 large tortilla wraps
- 1 cup sliced almonds or shelled pistachios + 1/2 cup walnut pieces
- 1.5 cups cooked black beans or 1 can drained + rinsed
- toasted pita wedges or tortilla chips for dipping (7 Layer Dip)
- black or kidney beans (5 Minute Chicken Taco Salad)
- tortilla chips (5 Minute Chicken Taco Salad)
- 2 cups guacamole
- 1/2 cup - 1 cup salsa

Spices:

- 1/4 tsp ground cloves
- 1/4 tsp cinnamon
- dash of cayenne
- 1/2 tsp paprika + 1 tsp smoked paprika
- 1 tsp oregano
- 1 tbsp + 1 tsp chili powder
- 1 1/4 tsp cumin
- 1/4 tsp garlic powder

Dairy / Eggs:

- 400 g halloumi
- 1 cup cottage cheese
- 1 cup shredded cheddar cheese
- Shredded cheese or crumbled cojita cheese (5 Minute Chicken Taco Salad)
- Greek yogurt for a healthier swap for sour cream (5 Minute Chicken Taco Salad)
- 1 cup plain yogurt

Produce:

- 1 lb potatoes
- 3/4 cup california prunes cut into quarters
- 1/2 head of cauliflower
- 1 tbsp freshly grated ginger
- 4 cups fresh spinach
- 8 small radishes
- 2 cups shredded lettuce
- 1 red pepper diced
- avocados, lettuce, tomatoes, bell peppers, broccoli, red onions, and corn for 5 Minute Chicken Taco Salad
- 4 cloves minced garlic + 4 cloves roasted garlic
- 1 tomato
- 1/4 cup fresh parsley (optional)

Meats / Seafood:

- 1 lb pork loin tenderloin, cut into 4 steaks
- 2 cups pulled rotisserie chicken

Baking Needs:

- 2 tbsp canola oil
- 1 tbsp olive oil