
ITEMS

Spices:

- 1.5 tsp smoked paprika
- 1/4 tsp onion powder
- 2 tsp chili powder
- 1/2 tsp oregano
- 3/4 tsp cumin
- 1/2 tsp garlic powder

Meats / Seafood:

- 2 lbs boneless chicken breasts, thighs, frozen, or fresh
- 2 cups pulled rotisserie chicken

Dairy / Eggs:

- 1/2 cup plain yogurt
- cotija or feta cheese for serving (optional)
- 1 egg
- 8 tsp parmesan cheese (or nutritional yeast for vegan substitute)
- 85 g (3 oz) mozzarella cheese
- shredded cheese or crumbled cojita cheese (5 minute chicken taco salad)
- greek yogurt (5 minute chicken taco salad)

Grains / Rice:

- 1/2 cup uncooked quinoa

Snacks / Chips / Candy:

- tortilla chips (5 minute chicken taco salad)

Canned / Packaged Goods:

- 1/2 cup prepared pesto
- 1 package (500g or 17.5 oz) gnocchi
- 1 tbsp lime juice
- tortillas (corn or wheat) for serving
- 1 package extra firm tofu
- 1 cup marinara sauce
- black or kidney beans (5 minute chicken taco salad)

Produce:

- 1 cup quartered cherry tomatoes
- 1 cup sliced zucchini
- 1 cup diced eggplant
- 7 cloves minced garlic
- 1 jalapeno
- 3 cups pineapple pieces fresh or frozen
- 8 cups shredded cabbage
- 1 cup chopped fresh cilantro
- lettuce, tomatoes, bell peppers, broccoli, red onions, corn, sliced avocados for 5 minute chicken taco salad
- fresh basil leaves
- 2 large red onions

Baking Needs:

- 2 tbsp canola oil
- 1/4 cup flour

Condiments / Dressings:

- 2 tbsp buffalo hot sauce (Franks)
- 1/4 cup mayo
- salsa (5 minute chicken taco salad)