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## ITEMS

### Frozen Foods:

- 1 cup frozen corn
- thawed frozen corn kernels

### Dairy / Eggs:

- 300 g mozzarella cheese, shredded
- parmesan cheese
- shredded cheese

### Meats / Seafood:

- cooked chicken
- 3/4 - 1 lb lean ground beef

### Snacks / Chips / Candy:

- 1 cup cashews

### Grains / Rice:

- cooked brown rice
- 1 cup uncooked quinoa

### Beverages:

- 1/2 cup mango or orange juice

### Produce:

- 1 large onion
- 3 red peppers
- 4 medium roma tomatoes
- 2 ripe avocados
- 1-2 cups finely diced red onion
- 2 mangoes
- 1 handful fresh cilantro
- 1 thai chili
- diced tomatoes
- 14 cloves garlic minced
- 2 limes + 2 tbsp lime juice
- 1 handful basil leaves

### Spices:

- 2 tbsp chili powder
- a dash of cayenne pepper
- 2 tbsp cumin
- 1 tsp liquid smoke
- 1 tbsp oregano

### International:

- 2 chipotle peppers
- 1 tbsp fish sauce

### Baking Needs:

- 2 tbsp vinegar
- 2 1/4 tsp yeast
- 2 1/2 cups all purpose flour
- 1 tbsp sugar
- 1/4 cup + 1 tsp brown sugar
- 1/4 cup + 1 tablespoon olive oil
- 2 tbsp canola oil

### Canned / Packaged Goods:

- 1 1/2 cups black beans cooked (or 1 can, drained and rinsed)
- 1 can tomato paste (156 ml or 5 oz)

# Shopping List

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- 1 can diced tomatoes (798 ml or 28 oz)
- 2/3 cup dried lentils
- 1 1/2 cups kidney beans cooked (or 1 can, drained and rinsed)