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## ITEMS

### Spices:

- 1 tablespoon coriander
- 1 teaspoon garam masala
- 2 2/3 tablespoons chili powder
- 1 teaspoon turmeric
- 1 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 3 tablespoons cumin
- 1 tablespoon oregano

### Meats / Seafood:

- 2 cups pulled rotisserie chicken
- 3/4 - 1 lb lean ground beef

### Dairy / Eggs:

- shredded cheese
- Greek yogurt

### Condiments / Dressings:

- salsa
- 2 tablespoons vinegar

### Snacks / Chips / Candy:

- tortilla chips

### Produce:

- 3 large onions
- 3 tablespoons grated fresh ginger
- 1 large carrot
- 15 cloves garlic
- lettuce
- tomatoes
- broccoli
- red onions
- sliced avocados
- 2 red peppers + bell peppers for taco salad

### International:

- 1 tablespoon green curry paste
- 3 small green chilis
- 2 chipotle peppers

### Canned / Packaged Goods:

- 1 tablespoon vegetarian bouillon paste
- 1 cup whole brown lentils
- 1 can, 8 oz sliced water chestnuts
- 1 can coconut milk
- 3 cups cooked chickpeas
- 1 1/2 cups kidney beans
- 1 can (156 ml or 5 oz tomato paste)
- 2/3 cup dried lentils
- 1/2 teaspoon mango powder
- 3 x 28oz can diced tomatoes
- 1 1/2 cups black beans + extra for taco salad

### Frozen Foods:

- 1 cup frozen green peas
- 2 cups frozen corn

### Baking Needs:

- 4 tablespoons canola oil
- 1/3 cup brown sugar
- 2 tablespoons butter or ghee