

# Shopping List

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## ITEMS

### Produce

- fresh basil leaves
- 1 large red pepper
- 2 bell peppers
- 4 ripe avocados
- 3-4 limes (choose 4 if they are on the small size)
- ½ cup finely diced red onion
- 2 large onions
- 6-7 cloves garlic
- diced tomatoes

### Bread / Peanut Butter / Jams

- 8 large tortillas

### Canned / Packaged Goods

- 1 796 ml can tomatoes
- 1 156 ml can tomato paste
- 3 cups cooked or canned black beans
- 1 127 ml can chopped green chilis
- 1 tsp chicken or vegetarian bouillon paste

### Pasta / Sauce

- 1 cup marinara sauce

### Baking Needs

- ¼ cup + 2 tbsp flour
- 2 tbsp canola oil

### Spices

- ¾ tsp onion powder
- 2 ¾ tsp garlic powder
- 4 tsp chili powder
- ¼ tsp chili flakes

- dash of cayenne pepper
- 1 tsp smoked paprika
- ¼ tsp cumin

### Grains / Rice

- 1 cup quinoa uncooked
- cooked brown rice

### Condiments / Dressings

- ½ tsp liquid smoke (optional but highly recommended!)

### Snacks / Chips / Candy

- tortilla chips for serving (optional)

### Dairy / Eggs

- 1 egg
- 85 g (3 oz) mozzarella cheese (or vegan substitute)
- 8 tsp parmesan cheese (or nutritional yeast for vegan substitute)
- shredded cheese (cheddar, monterey jack, or mozza)
- 2 cups shredded cheddar cheese
- 2 tbsp butter
- ¼ cup sour cream OR cottage cheese OR plain yogurt

### Meats / Seafood

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- cooked (thinly sliced, pulled, or shredded) chicken

### Deli

- 1 package extra firm tofu

### Frozen Foods

- 2 cups frozen corn
- 1 cup frozen peas