

Shopping List

ITEMS

Produce

- 1 cup sliced zucchini
- 1 cup diced eggplant
- 1 cup quartered cherry tomatoes
- fresh basil leaves + fresh basil ribboned for serving
- 7 cloves garlic
- 1 jalapeno
- 3 cups pineapple pieces fresh or frozen
- 1 large red onion + 1 cup sliced red onion + red onion for tacos
- 8 cups shredded cabbage
- 1 cup chopped fresh cilantro
- 1 tbsp lime juice
- lettuce/salad mix linked in recipe
- tomatoes
- bell peppers
- broccoli
- corn
- sliced avocados

Bread / Peanut Butter / Jams

- tortillas (corn or wheat) for serving

Canned / Packaged Goods

- black or kidney beans

Pasta / Sauce

- ½ cup prepared pesto
- 1 package (500g or 17.5 oz) gnocchi
- 1 cup marinara sauce

Baking Needs

- 2 tbsp canola oil
- ¼ cup flour

Spices

- 2 tsp chili powder
- ¾ tsp cumin
- ½ tsp garlic powder
- ¼ tsp onion powder
- 1 ½ tsp smoked paprika
- ½ tsp oregano

Grains / Rice

- ½ cup quinoa uncooked

Condiments / Dressings

- 2 tbsp buffalo hot sauce (Franks)
- ¼ cup mayo
- salsa (canned or try the recipe in the ingredient list)

Snacks / Chips / Candy

- tortilla chips

Dairy / Eggs

- ½ cup plain yogurt
- Greek yogurt for a healthier swap for sour cream
- cotija or feta cheese for serving (optional)
- shredded cheese or crumbled cojita cheese
- 1 egg
- 85 g (3 oz) mozzarella cheese (or vegan substitute)
- 8 tsp parmesan cheese (or nutritional yeast for vegan substitute)

Meats / Seafood

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

Deli

- 1 package extra firm tofu