

# Shopping List

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## ITEMS

### Produce

- 2 large onions
- 1 green onion
- 1 red pepper + 2 bell peppers
- 2 avocados
- 6 cloves garlic
- juice of 2 small limes
- 1 head cauliflower
- 2 cups cherry tomatoes

### Bread / Peanut Butter / Jams

- 8 large tortillas
- 1 tsp honey

### Canned / Packaged Goods

- 1 tbsp Chicken Better Than Bouillon or vegetarian
- 3 cups cooked black beans or 2 cans
- ¼ cup evaporated milk or fresh
- 1 can tuna
- 1 127 ml can chopped green chilis
- 1 tsp chicken or vegetarian bouillon paste
- 1 cup chicken or vegetable broth
- 1 cup roasted garlic hummus

### Baking Needs

- 2 tbsp flour
- ¼ cup olive or canola oil
- 4 tbsp canola oil

### Spices

- 2 tsp oregano
- ¾ tsp cumin
- 2 tsp chili powder
- 1 tsp smoked paprika

- ½ tsp onion powder
- ½ tsp garlic powder

## Grains / Rice

- 3 cups cooked rice
- 3 cups cooked brown rice
- 1 cup uncooked couscous

## Condiments / Dressings

- 2 ½ cups salsa
- ½ tsp liquid smoke (optional but highly recommended!)
- 2 tsp apple cider vinegar

## International

- ½ chipotle pepper in adobo sauce (or more if you like spice!)

## Snacks / Chips / Candy

- ¼ cup pistachios

## Dairy / Eggs

- ½ cup cream cheese
- 2 ½ cups shredded cheddar cheese
- 2 tbsp butter
- ¼ cup sour cream OR cottage cheese OR plain yogurt
- 200 g halloumi

## Frozen Foods

- 2 ½ cups frozen corn
- 1 ½ cup frozen green peas