

Shopping List

Canned / Packaged Goods

- 1 ½ cups kidney beans cooked (or 1 can)
- 1 ½ cups black beans cooked (or 1 can)
- 1 can tomato paste (156 ml)
- 1 can diced tomatoes (798 ml)
- ⅓ cup dried lentils

Dairy / Eggs

- 300 g (10 oz) mozzarella cheese, shredded
- parmesan cheese for sprinkling
- shredded cheese: cheddar, monterey jack, or mozza

Baking Needs

- ¼ cup + 1 tsp brown sugar
- 1 tbsp sugar
- 2 ¼ tsp yeast
- 2 ½ cups all purpose flour
- ¼ cup + 1 tbsp olive oil
- 2 tbsp canola oil

Meats / Seafood

- ¾-1 lb lean ground beef
- cooked thinly sliced pulled, or shredded chicken

Produce

- 1 large onion
- 1 cup chopped + ½ cup finely diced red onion
- 14 cloves garlic
- 4 red peppers
- 4 medium sized roma tomatoes + diced tomatoes for Guacamole Bowls
- handful of basil leaves sliced into ribbons
- 2 ripe avocados
- 1-2 limes + 2 tbsp lime juice
- 2 mangoes
- 1 handful fresh cilantro

Spices

- 2 tbsp chili powder
- 2 tbsp cumin
- 1 tbsp oregano
- dash of cayenne pepper

Grains / Rice

- cooked brown rice
- 1 cup quinoa uncooked

Condiments

- 2 tbsp vinegar
- 1 tsp liquid smoke

International

- 2 chipotle peppers
- 1 tbsp fish sauce
- 1 thai chili

Snacks

- 1 cup cashews

Beverages

- ½ cup mango or orange juice

Frozen Foods

- 2 cups frozen corn