

Shopping List

Produce

- 1 lb potatoes
- 1 large red onion
- red onions (5 Minute Chicken Taco Salad)
- ½ head cauliflower
- ¾ cup California prunes
- 8 cloves garlic
- 1 tbsp freshly grated ginger
- ¼ cup sun dried tomatoes
- ¼ cup fresh parsley
- 4 cups fresh spinach
- 8 small radishes
- 2 cups guacamole
- 2 cups shredded lettuce
- 1 red pepper
- bell peppers (5 Minute Chicken Taco Salad)
- 1 tomato diced (about 1 cup)
- tomatoes (5 Minute Chicken Taco Salad)
- lettuce/salad mix linked in recipe (5 Minute Chicken Taco Salad)
- broccoli (5 Minute Chicken Taco Salad)
- corn (5 Minute Chicken Taco Salad)
- sliced avocados (5 Minute Chicken Taco Salad)

Bread / Peanut Butter / Jams

- 2 tbsp honey
- ¼ cup almond butter
- 8 large tortilla wraps

Canned / Packaged Goods

- 8 small roasted red peppers from a jar
- 1.5 cups cooked black beans or 1 can
- black or kidney beans (5 Minute Chicken Taco Salad)

Pasta / Sauce

- 1 cup marinara sauce

Baking Needs

- 2 tbsp canola oil
- 1 tbsp olive oil

Spices

- ¼ tsp ground cloves
- ¼ tsp cinnamon
- dash of cayenne
- ½ tsp paprika
- 1 tsp smoked paprika
- 1 tbsp + 1 tsp chili powder
- ¾ tsp cumin
- 1 tsp oregano
- ¼ tsp garlic powder

Condiments / Dressings

- 1 tbsp soy sauce (ensure gluten free if making for someone with Celiac)
- 1 tbsp vinegar
- ½ cup salsa
- salsa (5 Minute Chicken Taco Salad)

Snacks / Chips / Candy

- ½ cup walnut pieces
- 1 cup sliced almonds or shelled pistachios
- toasted pita wedges or tortilla chips for dipping (7 Layer Dip)
- tortilla chips (5 Minute Chicken Taco Salad)

Dairy / Eggs

- 400 g halloumi
- 1 cup cottage cheese
- 1 cup shredded cheddar cheese
- shredded cheese or crumbled cojita cheese (5 Minute Chicken Taco Salad)
- Greek yogurt for a healthier swap for sour cream (5 Minute Chicken Taco Salad)
- 1 cup plain yogurt

Meats / Seafood

- 1 lb pork loin tenderloin, cut into 4 steaks
- 2 cups pulled rotisserie chicken