

# Shopping List

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## Produce

- 1 large onion
- 1 large red onion + 1 cup chopped red onion
- 3 large red peppers
- 2 mangoes + 2 mangoes or 4 peaches
- 7 cloves garlic
- 1 jalapeno
- 3 cups pineapple pieces (fresh or frozen)
- 8 cups shredded cabbage
- 1 cup chopped fresh cilantro + 1 handful fresh cilantro + fresh cilantro for serving
- 3 tbsp lime juice
- 1 thai chili

## Bread / Peanut Butter / Jams

- ½ cup peach or mango jam
- tortillas (corn or wheat) for serving

## Canned / Packaged Goods

- 1 can tuna

## Beverages

- ½ cup mango or orange juice

## Baking Needs

- 5 tbsp canola oil
- 1 tbsp sugar

## Spices

- 1 tbsp + 1 tsp chili powder
- 1 tsp oregano
- ½ tsp garlic powder
- ¾ tsp cumin
- ½ tsp smoked paprika

## Grains / Rice

- rice for serving
- 3 cups cooked brown rice
- 1 cup quinoa uncooked

### Condiments / Dressings

- 2 cups salsa
- 2 tbsp buffalo hot sauce (Franks)
- ¼ cup mayo

### International

- 1 tbsp fish sauce

### Snacks / Chips / Candy

- 1 cup cashews

### Dairy / Eggs

- 1 ½ cups shredded cheddar cheese
- ½ cup plain yogurt
- Cotija or feta cheese for serving (optional)

### Meats / Seafood

- 1 ½ lbs pork loin
- 2 lbs boneless chicken breasts or thighs (frozen or fresh)
- shrimp for Mango Quinoa Salad (optional)

### Frozen Foods

- 1 ½ cups frozen corn