



## **Supper Club Grocery List #120**

### **Produce Section**

- ☐ Bell peppers, sliced (2)
- ☐ Chipotle peppers in adobo sauce (2)
- ☐ Cilantro, fresh (¼ cup chopped + for serving + 1 handful)
- ☐ Garlic powder (½ tsp)
- ☐ Lime(s) (or 2 tbsp lime juice)
- ☐ Mango (½ large or 1 small sliced thinly)
- ☐ Mangoes or peaches (2 mangoes or 4 peaches, chunked)
- ☐ Onion, large (2 total, sliced)
- ☐ Red onion, chopped (1 cup)
- ☐ Red pepper, large (2, chunked)
- ☐ Thai chili, finely chopped (1)

### **Baking/Pantry Aisle**

- ☐ Butter (2 tbsp)
- ☐ Cashews (1 cup)
- ☐ Flour (2 tbsp)
- ☐ Mayo (¼ cup)
- ☐ Mango or orange juice (½ cup)
- ☐ Peach or mango jam (½ cup)
- ☐ Salsa (1 cup)
- ☐ Water (1 cup)

### **Dairy/Refrigerated Section**

- ☐ Cheddar cheese, shredded (1 cup)
- ☐ Greek yogurt, plain (¼ cup)
- ☐ Coleslaw mix (14 oz / 398 g / ~4 cups)

### **Canned Goods Aisle**

- ☐ Black beans, canned (1 can, drained) or 1½ cups cooked
- ☐ Chopped green chilis, canned (127 mL / 4 oz)

### **Spices/Seasoning Aisle**

- ☐ Chili powder (1 tbsp + 2 tsp)
- ☐ Cumin (¼ tsp x2 = ½ tsp total)
- ☐ Garlic powder (½ tsp)
- ☐ Onion powder (½ tsp)
- ☐ Oregano, dried (1 tsp)
- ☐ Paprika, smoked (1 tsp)
- ☐ Salt (½ tsp x2 + ¼ tsp = 1¼ tsp total)
- ☐ Sugar (1 tbsp)

### **Oils and Condiments**

- ☐ Bouillon paste, chicken or vegetarian (1 tsp)
- ☐ Liquid smoke (½ tsp, optional)
- ☐ Fish sauce (1 tbsp)
- ☐ Canola oil (total 5 tbsp)

**Meat/Poultry Section**

- ☐ Fish fillets (4, cut into strips, breaded or not)
- ☐ Pork loin (1½ lbs, sliced thinly)

**Grains/Breads**

- ☐ Quinoa, uncooked (1 cup)
- ☐ Rice (for serving)
- ☐ Corn tortillas (8)
- ☐ Large tortillas (8)