

GROCERY LIST



Optional sides and protein options not included

Produce

- lemon (1)
- lime (1)
- yellow onion (3)
- bell peppers (4)
- garlic cloves (1 bulb)
- cauliflower (1 sm. head)
- carrots (4 lg)
- sweet potatoes (2 lg)
- avocado (2)
- bananas (1 bunch)
- medjool dates (24 pieces)

Fresh Herbs *optional*

- thyme (1 bunch)
- cilantro (1 bunch)

Refrigerated

Dairy

- grated parmesan (2 tbsp)
- shredded cheddar cheese (16 oz)
- milk (1/2 gallon)
- eggs (1)*
- unsalted butter (1 stick)

Frozen + Refrigerated

- frozen corn (8 oz)
- frozen peas (8 oz)
- salsa

Meat/Seafood

- boneless skinless chicken thighs (1 1/4 lbs)
- boneless skinless chicken breast (1 1/2 lbs)
- sirloin or flank steak (1 lb)

Pantry

- pearled couscous (1 cup)
- elbow pasta (1 lb)
- chicken broth (40 oz)
- low sodium vegetable broth (16 oz)
- long grain white rice (2 cups)
- black beans (2 15 oz cans)
- fire roasted diced tomatoes (28 oz can)
- chopped green chilis (4.5 oz can)
- peanut butter (1/2 cup)
- almonds (1/2 cup)
- dark chocolate (4 oz)
- maple syrup - *as needed for pancakes*
- all-purpose flour (1 1/4 cup)
- baking powder

Bakery

- small tortillas (12 pk)

Spices

- garlic powder
- paprika
- taco seasoning
- oregano
- chili powder
- smoked paprika
- cumin
- cinnamon