



Optional sides and protein options not included

## Produce

- avocado (3)
- bell pepper (9)
- jalepeno (1)
- celery (1 bunch)
- carrots (3)
- roma tomatoes (3)
- garlic (1-2 bulbs)
- lime (4)
- romaine lettuce (1 head)
- sliced baby bella mushrooms (16 oz)
- yellow onion (1)
- red onion (3)
- fruit of choice

## Fresh Herbs

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

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## Refrigerated

### Dairy

- Monterey cheese (1 cup)
- grated Parmesan cheese (1/2 cup)
- sour cream (8 oz)
- Greek yogurt (8 oz)
- milk (of choice) (1/2 gallon)
- juice (of choice) (1/2 gallon)

### Frozen

- corn (2 bags)

## Meat/Seafood

- chicken breasts (1.5 lbs)
- chicken cutlets (1 lb)
- shrimp (1 lb)
- eggs (1)

## Pantry

- chia seeds
- rolled oats
- long grain white rice (1 cup)
- tomato paste (1 sm. can)
- fire roasted diced tomatoes (14.5 oz can)
- diced tomatoes (1 can)
- black beans (2-15 oz cans)
- chipotle chilis in adobo sauce (1/4 jar)
- all-purpose flour (1/4 c)
- quinoa (1 c)
- vegetable broth (32 + 16 oz boxes)
- dry roasted almonds (1 c)
- honey or maple syrup

## Spices

- garlic powder
- cumin
- paprika
- onion powder
- dried parsley
- fajita seasoning (1 pack)

## Bakery

- sm tortillas (12 count)