

# GROCERY LIST



Optional sides and protein options not included

## Produce

- yellow onion (1)
- red onions (3)
- garlic (1-2 bulbs)
- spaghetti squash (2-3 lbs)
- yellow squash (1)
- jicama (1 sm)
- sweet potato (1)
- green bell peppers (2)
- red bell peppers (2)
- yellow bell pepper (1)
- Roma tomatoes (2)
- romaine lettuce (1 head)
- avocado (1)
- baby spinach (6 oz bag)
- lemons (2)
- lime (1)
- jalapenos for serving*
- Medjool dates (16 oz bag)

## Fresh Herbs *optional*

- parsley (1 bunch)
  - cilantro (2 bunches)
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## Refrigerated

- ### Dairy
- salted butter (1 stick)\*\*
  - shredded sharp cheese (8 oz bag)
  - cotija cheese (sm bag)
  - Greek yogurt (sm tub)
  - egg (1)\*\*
  - grated parmesan cheese for serving*
  - sour cream for serving*

## Frozen

- frozen corn (10 oz bag)

## Meat/Seafood

- 1 1/2 lb boneless skinless chicken breast
- 1 lb ground beef
- 1 lb large raw shrimp

## Pantry

- olive oil (3/4 cup)
- pasta of choice (16 oz)
- quinoa (8oz)
- beef or chicken stock (32 oz carton)
- vegetable stock (14 oz can)
- black beans (14 oz can)
- fire-roasted diced tomatoes (14 oz can)
- tomato paste (4.5oz tube)
- tahini paste (sm jar)\*
- taco seasoning (1 oz packet)
- coconut milk (2 - 13 oz cans)
- chia seeds (sm bag)\*
- chopped walnuts (8 oz bag)
- maple syrup (sm bottle)
- light brown sugar (1/2 cup)
- cocoa powder (sm can)
- all-purpose flour (2 cups)
- baking soda
- baking powder
- vanilla extract

## Bakery

- large flour tortillas (8 ct)

## Spices

- cumin
- oregano
- coriander
- chili powder
- paprika
- garlic powder
- onion powder
- crushed red pepper

## Ingredient notes

\*One container of this ingredient can be used for many more recipes!

\*\*This week's recipes call for small amount of these items which you may have on hand.