

# GROCERY LIST



Optional sides and protein options not included

## Produce

yellow onions (2)  
red onion (1)  
garlic (1 bulb)  
green bell peppers (4)  
red bell pepper (1)  
romaine lettuce (1 head)  
baby spinach (5 oz bag)  
lime (1)  
strawberries (1 pound)

## Fresh Herbs *optional*

cilantro (1 bunch)

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## Refrigerated

### Dairy

shredded Mexican cheese (16 oz bag)  
shredded cheddar cheese (8 oz bag)  
Greek yogurt (32 oz tub)  
sour cream (8 oz tub)  
eggs (1 dozen)  
milk (up to ½ gallon)

### Frozen

n/a

## Meat/Seafood

salmon fillets (1 ½ lbs)  
ground beef (2 lbs)  
chicken tenders (1 ½ lbs)  
shredded chicken ex: *rotisserie (3 cups shredded)*  
or chicken breast (1 ½ lb)

## Pantry

olive oil (1/4 cup)  
cooking spray  
white rice (1 lb bag)\*\*  
tomato paste (4 oz tube)  
black beans (15 oz can)  
diced green chiles (4.5 oz can)  
salsa (1 jar) *for serving*  
taco shells (1 box - 12 count)  
panko breadcrumbs (8 oz box)\*\*  
all-purpose flour (1/4 cup)  
honey (sm bottle)

Chosen Foods Everything sauce (sm bottle)  
or another mayo-based sauce

## Bakery

flour tortillas (6 large)

## Spices

paprika  
garlic powder  
onion powder  
oregano  
chili powder  
Mexican oregano  
cumin  
mustard powder  
taco seasoning

### Ingredient notes

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand