



Shopping List

PRODUCE

Any optional salad fixings you like
Cabbage, 1 small head
Cilantro, 1 bunch
Crisp apple, 1
Fennel, 1 head (or celery)
Garlic, 1 head
Kale, 1 small bunch
Large box spinach or two 5-ounce boxes
Lime, 2
Onion, 1 small, 2 large
Red potatoes, 2 med
Rosemary, 1 bunch
Scallions, 1 bunch
Green bell pepper, 1 (or 2 poblano peppers)
Sweet onion, 1 large

DELI/BAKERY/GOURMET

Baguette, 1
Deli Cheddar cheese, 4 slices
Pesto
Pineapple salsa
Uncured Ham, 8 slices

GROCERY

Cannellini beans, 3 cans
Chicken broth (or vegetable broth), 9 cups
Diced green chilis, 4-ounce can
Enchilada sauce, 15 ounce can
Light coconut milk, 14 ounce can
Precooked Brown Rice, 2 bags
Pumpkin seeds (pepitas), optional
Rice flour, $\frac{3}{4}$ cup (or sub all-purpose)
Salsa, 1 jar
Yellow cornmeal, 2 cups
6-inch corn (or flour/corn blend) tortillas, 10
Whole-wheat tortillas, 4 large

FISH/SEAFOOD/MEAT

Boneless, skinless chicken thighs, 1 $\frac{3}{4}$ pounds
Tilapia, 4 filets, about 1 $\frac{1}{4}$ pound
Rotisserie chicken, 1 small (or 1 lb. raw breast)

ALCOHOL

Dry white wine, $\frac{1}{2}$ cup

FROZEN/DAIRY

Buttermilk, small bottle
Frozen corn kernels, 2 $\frac{1}{2}$ cups (14 ounces)
Heavy cream, $\frac{1}{2}$ cup
Shredded cheddar cheese
Shredded Mexican cheese, 6 ounces
Sour cream, reduced-fat, 1 small container

CHECK THESE STAPLES BEFORE YOU SHOP

Avocado oil or organic canola oil
Baking powder
Baking soda
Cayenne pepper
Chili powder
Coriander
Cumin, you'll need 3 tablespoons
Egg, 1
German or brown mustard
Herbes de Provence or Italian Seasoning
Honey
Olive oil
Salt and pepper
Smoked paprika
Sugar
Unsalted butter, 2 Tablespoons
White wine vinegar
Whole-wheat flour