

This week's SHOPPING LIST

Produce

- ☐ 1 yellow onion
- ☐ 1 red onion
- ☐ 3 cloves garlic
- ☐ 1 bunch cilantro
- ☐ 2 green onions
- ☐ 2 cups chopped Romaine lettuce
- ☐ ½ cup grape tomatoes
- ☐ 1 cup frozen corn

Meat & Dairy

- ☐ ½ lb ground beef
- ☐ 1 lb salmon
- ☐ 1 lb boneless, skinless chicken breast
- ☐ 3 cups shredded cheddar cheese
- ☐ ¾ cup grated Parmesan cheese
- ☐ 1 tbsp butter

Pantry & Canned Goods

- ☐ 2 packets taco seasoning
- ☐ 1 15 oz can diced tomatoes
- ☐ 1 4 oz can diced green chiles
- ☐ 1 15 oz can black beans
- ☐ 3 tbsp chopped chipotle peppers in adobo sauce
- ☐ ½ lb small pasta shells
- ☐ 2 cups beef broth
- ☐ ¼ cup Panko breadcrumbs
- ☐ ⅓ cup Caesar dressing

This week's **SHOPPING LIST**

- ☐ 3 tbsp honey
- ☐ 1 ½ tbsp soy sauce
- ☐ 14 large flour tortillas
- ☐ Olive oil
- ☐ 1 can full-fat coconut milk
- ☐ 1 can (15 oz) corn
- ☐ 6 large flour tortillas
- ☐ 2 c beef or chicken broth

Spices & Seasonings

- ☐ Italian seasoning
- ☐ Garlic powder
- ☐ Salt
- ☐ Pepper

Optional / Nice-to-Have

- ☐ Avocado oil
- ☐ Red pepper flakes
- ☐ Fresh lime juice