



Grocery List

Produce

- 2 medium onions
- 1 avocado
- 2 tablespoons cilantro
- 2 cups snow peas
- 2 cups shredded carrots
- 2 bunches green onions
- 2 jalapeños
- 1/4 cup parsley
- 2 tomatoes
- 1/4 cup parsley
- 1 1/4 cups fresh raspberries
- 1 clove of garlic
- Fresh veggies of choice (ex: green beans)
- 1 cup fresh pico de gallo

Refrigerated/Frozen

- 3 cups shredded cheese of choice
- 16 oz. container of cottage cheese
- 5 1/2 cups shredded Colby Jack cheese
- 1 cup + 3 tablespoons whole milk
- 24 ounces cream cheese
- 1/3 cup Greek yogurt
- 3/4 cup buttermilk

Meat/Poultry/Seafood

- 1 pound ground beef
- 2 pounds boneless, skinless chicken breasts
- 1 1/2 pounds ground sirloin
- 1 1/2 pound boneless pork tenderloin
- 2-3 pieces of crumbled bacon

Pantry

- 1 packet taco seasoning
- 1 teaspoon ground ginger
- 1 teaspoon crushed red pepper flakes
- 1 1/2 teaspoon creole seasoning
- 2 teaspoons chili powder
- 2 1/2 teaspoon cumin
- 2 tablespoons lemon pepper seasoning
- 2 teaspoons almond extract
- 1 tablespoon cornstarch
- 1 1/2 + 3 tbsp cups flour
- 3/4 cup granulated sugar
- 1/3 cup powdered sugar

- 2 teaspoons baking powder
- 2-3 tablespoons of maple syrup
- 1 cup fluffy pancake mix
- 2 cups crumbled cornbread
- 3 1/2 cups low-sodium chicken broth
- 1 cup white rice
- 1 cube chicken bouillon
- 1 8-oz can of enchilada sauce
- 1/4 cup soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons rice wine vinegar
- 1 8 oz. can tomato sauce
- 1 14.5 oz. can diced tomatoes
- 1 4 oz. can diced green chiles
- 2 14.5 oz can black beans
- 1 16 oz. can chili beans
- 1/2 cup salsa
- 3/4 cup Robert Rothschild Rasp-Amaretto Preserves
- 12 flour tortillas
- 12 ounces spaghetti
- 9 lasagna noodles
- tortilla chips

Pantry Staples

- Salt (both kosher and sea salt)
- Black Pepper
- Unsalted Butter (at least 3/4 cup)
- Canola Oil
- Eggs (at least 5)