



Grocery List

Produce

- 8 cloves garlic, minced
- cilantro
- jalapeno
- 2 limes
- 5 1/2 pounds butternut squash
- 2 green onions, sliced
- 1 cup spinach
- 3 cups chopped lettuce
- 1 teaspoon coconut oil
- 2 onions
- 2 cloves garlic

Refrigerated/Frozen

- 2 1/2 cups butter
- 7 tbsp unsalted butter
- 4 cups shredded sharp cheddar cheese
- sour cream (for topping)
- guacamole (for topping)
- 1/2 cup crumbled queso blanco or feta cheese
- 1/2 cup + 2 tbsp heavy whipping cream
- 1/2 cup pepperjack cheese, shredded
- 1 1/2 cups colby jack cheese, shredded
- 4 frozen garlic toasts

Meat/Poultry/Seafood

- 1 1.2 lb ground beef
- 1 pound chicken tenders
- 3 pounds boneless, skinless chicken breasts

Pantry

- 5 3/4 cups plus 1 tbsp flour
- 1 cup old fashioned rolled oats
- 1 1/3 cups cocoa
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 3/4 cup Caramel Bits or chopped caramel
- 3/4 cup unsweetened coconut flakes
- 8 cups chicken broth
- 2 teaspoons chili powder
- 2 1/2 tablespoons + 1/2 teaspoon ground cumin
- 3 tablespoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons ancho chile powder
- 1 15-ounce can black beans
- 2 10-ounce cans diced tomatoes with green chilies
- tortilla chips
- 8 tostada shells

- 3 cups vegetable broth
- 1 cup apple juice
- 1 tablespoon honey
- 1/2 teaspoon curry powder
- 1/4 teaspoon + 2 tbsp cinnamon
- 2 cups sugar
- 1 3/4 cups brown sugar
- 3 1/2 tsp vanilla
- 2 cups pumpkin puree
- 1/3 cup sweetened condensed milk
- 1/4 cup butterscotch sauce
- 2 cups vanilla cream soda
- 1/4 cup unsweetened cocoa powder
- 1/4 cup dry milk powder
- 1/4 cup butterbeer
- 1/2 tsp beef bouillon granules
- 1 teaspoon cream of tartar
- 6- 8 flour tortillas
- pumpkin seeds (for serving)
- Optional: caramel sauce, vanilla ice cream coconut flakes

Pantry Staples

- 4 eggs
- Salt (both kosher and sea salt)
- Black Pepper
- creole seasoning (optional)
- Canola Oil/Vegetable Oil
- Olive Oil (regular and extra virgin)
- Nonstick Spray
- coconut oil