

Shopping List

Protein

- chicken (boneless, skinless) 1 lb
- egg 1

Dairy

- butter 0.25 cup
- shredded Mexican cheese blend 3 cups
- milk 3.33 cups

Produce

- avocado 1
- blueberries 3 cups
- cilantro 1 large bunch or 2 small
- ginger paste or whole
- green onions 1 small bunch
- lemon 1
- lime 1
- pineapple canned, pre-cut wedges, or whole
- fruit (berries, banana, etc for oats) 1 cup

Bread

- Tortilla chips 1 bag

Pantry

- Almond or peanut butter 0.50 cup
- baking powder 2.50 tsp
- black beans 1x (14.5oz) can
- sliced black olives 2.25 oz can
- chia seeds 4 tsp
- chocolate chips 0.33 cup
- chopped cashews 0.50 cup
- flour 2 cups + 1 tbsp
- hemp seeds 2 tbsp
- honey 1 tbsp
- old fashioned rolled oats 2 cups
- olive oil 0.25 cup
- coconut oil, butter, or ghee for cooking pancakes
- red onion 1
- sugar .5 cup

Spices

- fine sea salt
- ground cinnamon 1 tsp

Sauces & Condiments

- maple syrup
- sour cream 8oz (optional, for nachos)
- pico de gallo

hot sauce

whipped cream

(optional, for cobbler)

Coconut Rice - store bought OR homemade

Uncle Ben's Jasmine Coconut Rice

2x 8oz packages

--OR--

jasmine rice

1 cup

coconut milk

1x 14oz can