



Optional sides and protein options not included

## Produce

- yellow onion (4)
- red onion (1)
- garlic bulb (1)
- jalapeno pepper (1)
- carrot (1)
- white cabbage (1 head)
- bell peppers (7 large)
- avocado (2)
- zucchini (3 large)
- lime (4)
- assorted fruits for fruit dip*

## Fresh Herbs *optional*

- cilantro (1 bunch)

## Refrigerated

### Dairy

- Greek yogurt (16 oz tub)
- cream cheese (8 oz block)
- shredded Mexican blend cheese (8 oz bag)
- shredded mozzarella cheese (8 oz bag)
- shredded cheddar cheese (8 oz bag)
- heavy whipping cream (1 pint)

- almond milk (1 quart)

### Frozen

- bananas (1 pound) *or 4 fresh bananas*

## Meat/Seafood

- ground beef (2 pounds)
- white fish fillets (1 ½ pounds)
- boneless skinless chicken breast (1 ½ pounds)
- cooked chicken (1 ¼ pounds) *or 1 ½ lbs chicken breast*

## Pantry

- olive oil (3/4 cup)
- beef or chicken stock (1 quart)
- pasta of choice (1 lb)
- rice (8 oz)\*\*
- tomato paste (4 oz tube)\*
- tomato sauce (15 oz can)
- fire-roasted diced tomatoes (15 oz can)
- enchilada sauce (28 oz can)
- mayonnaise (sm jar)\*\*
- creamy peanut butter (15 oz jar)\*
- rolled oats (1/2 cup)\*\*
- powdered sugar (1/2 cup)\*\*
- honey (sm jar)\*\*
- vanilla extract

## Bakery

- small tortillas (16)

## Spices

- taco seasoning
- Italian seasoning
- paprika
- onion powder
- chili powder
- cumin
- coriander

### Ingredient notes

\* This ingredient can be used for many more recipes!

\*\* You may have this staple on hand