

# Download And Print Shopping List

See serving size in recipe. Adjust the list if you want to make more or less. Check your cabinets/fridge for items you might already have.

## Canned and Jar Goods

- 4 (5oz) cans albacore tuna in oil
- 2 (15 oz) can white beans
- 1 (15 oz) can black beans
- 4 tbsp capers
- 1+ cup of chicken broth (or turkey/beef/vegetable)
- 1 (15oz) can kidney beans
- Pickled jalapeños (optional for chili garnish)
- 1 can diced tomatoes
- 1 tbsp tomato paste

## Dairy

- 12 oz shredded cheese (optional for fajitas and chili garnish)
- 12 eggs

## Deli

- pico de gallo (optional for fajitas garnish)

## Frozen Foods

- 1 cup of frozen peas or green beans
- 1/2 lb frozen shrimp

## International Cuisine

- 4 corn or flour tortillas

## Oils and Dressings

- olive oil
- 2 tsp rice wine vinegar
- vegetable oil
- 4 tbsp red wine vinegar

## Pasta, Rice and Beans

- 1/2 cup jasmine, basmati, or brown rice

## Produce

- 2 red and yellow bell peppers
- 1 avocado or guacamole (optional for fajitas garnish)
- 1 avocado (optional for chili garnish)
- 2-3 medium carrots
- 1 bunch of cilantro
- 1 small english cucumber (optional for fried rice garnish)
- 1 lemon
- 2 limes (1 optional for fried rice garnish)
- 1 large yellow onion
- 1 small red onion
- 2 small sweet onions
- 1 small bunch of parsley
- 16oz yellow potatoes or 2 a sweet potato
- 1-2 large ribs of celery
- 3 scallions
- 4 cup Swiss chard (about 1 bunch) or spinach, kale, or brussel sprouts.

## Meat

- 12 oz breakfast sausage
- 1 lb chicken thighs
- 1 lb ground turkey (or ground beef/pork/chicken - for chili)
- 6 oz pork tenderloin or pork chops

## Optional Items for 🚨 Leftover Alerts (See tips & tricks)

- Sandwich bread, lettuce for salad or salad wraps, or a large tortilla for wrapping. (see Tuna Salad Recipe)
- Russet potatoes, hot dogs and buns, boxed mac n cheese, eggs, bell peppers and cheese, or salad fixings. (see Chili recipe)
- Salad fixings, large tortilla, rice and beans, or eggs. (See Fajita recipe)
- Extra eggs. (See Fried Rice recipe)

## Sauces and Condiments

- 1+ tbsp Tamari or soy sauce

## Snacks

- 1 bag of Fritos (optional for chili garnish)

## Spices and Seasonings

- Your favorite spices, i.e. garlic powder, cayenne, onion powder, oregano, etc. (for breakfast hash)
- 2 (1 oz) taco powder packages
- salt and pepper