

# Grocery List

Do not include the baking project ingredients

## Fresh Produce

Onion: 2 medium  
Bell pepper: 1 large  
Garlic: 9 cloves  
Sweet potatoes: 9 oz (250 g -  
about 2 medium)  
Cilantro: 1 bunch  
Green onions: 3  
Cherry tomatoes: 1 cup  
Spinach: 1 1/2 cups  
Lime: 3  
Shredded lettuce: 1 small bag

## Others

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## Refrigerated

Ricotta cheese: 1 cup (250 g)  
Heavy cream: 1/4 cup  
Shredded cheddar cheese: 5 cups  
Crumbled feta cheese: 1/4 cup  
Sour cream: 1 container (8 oz)  
Pico de Gallo: Small container  
Guacamole: Small container

## Spices/Seasonings

Salt: 4 teaspoons approx.  
Black pepper: 2 teaspoons approx.  
Chili powder: 4 tablespoons  
Ground cumin: 2 teaspoons  
Garlic powder: 2 teaspoons  
Onion powder: 1/2 teaspoon  
Smoked paprika: 1/4 teaspoon  
Paprika: 1/2 teaspoon  
Ground mustard: 1/4 teaspoon  
Cayenne pepper: 2 teaspoons  
Ground ginger: 3 teaspoons  
Taco seasoning: 2 tablespoons

## Pantry

Rotel Diced Tomatoes and Green  
Chilies: 1 can (10 oz)  
Tomato sauce: 1 can (29 oz)  
Corn tortillas: 12  
Chicken or vegetable broth: 1 cup  
Breadcrumbs or panko: 1/2 cup  
Flaxseed meal: 1 tablespoon  
Soy sauce: 4 tablespoons  
Brown sugar: 3 tablespoons  
Orange juice concentrate: 1 cup  
Pineapple juice concentrate : 1 cup  
Avocado oil: 1/4 cup  
Olive oil: 4 tablespoons  
Dry lentils: 1/2 cup  
Cornstarch: 3 tablespoons  
Baking powder: 1 teaspoon  
Toasted sesame seeds: Small jar

## Meat/Seafood

Ground turkey: 2 lb  
Cooked shredded chicken: 3 cups  
Chicken breasts (skinless -  
boneless): 6 (about 2 lb)