

{ Grocery List }

dinner guide #7

produce

- 4 cups fresh spinach
- fresh salsa
- 2 medium apples
- 1 head bibb or butter lettuce
- 1 tbsp garlic, minced
- 1 bunch green onion
- 1 jalapeno
- 1 bunch cilantro
- 2 limes
- 1 medium yellow onion

pantry

- extra virgin olive oil
- salt + pepper
- taco-size corn tortillas
- 1 cup quinoa
- 2.5 cups chicken broth
- 1 cup cornmeal
- 3 tbsp brown sugar
- 2 tbsp fish sauce
- 1 tbsp sambal oelek
- red wine vinegar

dairy

- 12 eggs
- 1/2 cup sour cream
- 4 oz goat cheese
- 10 oz round queso fresco

meat

- 12 oz fully cooked chicken
sausage
- 1 fully cooked rotisserie chicken
- 4 - boneless, center-cut pork chops
- 1# ground beef

spices

- 1 tsp cinnamon
- dash of nutmeg

frozen

- 12 oz frozen mixed
vegetables

notes + other items:
