

Grocery list

Ground beef

Tortillas

Taco sauce

Jack cheese

Sour cream

Onion

Toppings: shredded lettuce, tomatoes, guacamole, cilantro and hot sauce

Chicken drumsticks

Favourite BBQ sauce

Kale

Butternut squash

Apple

Feta

Pecans

Tots or fries

Sausage

Onion, carrots and kale

Diced tomatoes

Chickpeas but I use white beans

Ditalini pasta

Brown rice

Red pepper, cabbage, carrot

Ground chicken

Basil

Peanuts

Baguette

Gouda

Portobello mushrooms, red peppers, broccoli

Pantry Staples

Oregano, taco seasoning,

Olive, canola and sesame oil

Garlic and ginger

Red wine vinegar, balsamic vinegar, rice wine vinegar, cider vinegar

Peanut butter

Chicken stock

Brown sugar

Soy sauce

Maple syrup

Dijon

Red curry pasta

