

Grocery List

- Ground turkey
- Onion
- Tomato sauce
- Tortillas
- Taco toppings

- Ground beef
- Onion, carrot, celery
- Tomato soup
- Beef consommé
- Diced tomatoes
- Pot barley
- Buns

- Rice
- Extra firm tofu
- Broccoli, cucumber, red peppers, carrots
- Cilantro

- Red curry paste
- Coconut milk
- Chicken thighs
- Lettuce
- Cucumbers, carrots, green onions, jalapeno
- Cilantro, mint and basil
- Rice noodles or spaghetti

Pantry Staples

- Oregano, paprika, cumin, chili, garlic, onion, thyme, bay leaves
- Garlic and ginger
- Olive oil
- Chicken broth, beef bouillon
- Soy sauce
- Fish sauce
- Peanut butter
- Butter

- Balsamic vinegar, apple cider, red wine vinegar,
- Cornstarch
- Sesame oil