

GROCERY LIST

Shelf-Stable Goods

- Quinoa (340g)
- 1 can of Black Beans (425g)
- Corn Tortillas¹
- 1 can of Tomato Paste (170g)
- Optional: 1 can of White Beans (425g)

Produce

- Kale (2 bunches)²
- Romaine (3 hearts)
- Jalapeños (3-4)
- Cilantro (1 bunch)
- Red Onion (1)
- Yukon Gold Potatoes (8)
- Limes (3)
- Lemons (2)
- Shallot (2)
- 2-3 Garlic Bulbs³
- Asparagus (1 bunch)
- Cherry Tomatoes (340g)

Dairy & Eggs

- 1 pint of Buttermilk (473 mL)
- 4-6 eggs
- Plain Greek yogurt (150 g container)⁴

Cheeses

- 1 round of Cotija (283g)
- Parmigiano Reggiano (170g)

Suggested Proteins

- Salmon Fillets (2)
- Boneless-Skinless Chicken Breasts (3-4)

Notes:

1 - First, whether to use yellow or white corn tortillas, the choice is totally up to you! I also recommend buying these in bulk (for cost efficiency), since they last for a while in the refrigerator or freezer. However, we will only need about 10 tortillas, so if you don't want to buy in bulk, a 10 to 12-tortilla bag should work just fine!

2 - I love getting two different types of kale for diverse textures - I typically get 1 bunch of dino (or lacinato) kale and 1 bunch of the common curly kale.

3 - If you want to save time, buy pre-peeled garlic. I would typically steer you away from it, but since we're going to cook it in olive oil, the pre-packaged taste will barely come through if you choose it.

4 - I generally have Greek yogurt as an essential in my refrigerator (which I debated on whether or not I'd include it in the essential ingredients last week) - however, if it's not an essential in your household, I'd recommend buying one of the single-serving containers for this week.