

GROCERY LIST

Produce

- Romaine (1 heart)
- Bell Pepper (3)
- Shallots (3 large or 4 small)
- Cilantro (1 bunch)
- Parsley (1 bunch)
- Green Onion (1 bunch)
- Chives (1 bunch)
- Dill (1 bunch)
- Garlic (1 bulb)
- Lime (3)
- Lemon (1)
- Green Cabbage (1)
- Lacinato Kale (1 bunch; Curly Kale works fine too)
- Asparagus (1 bunch)
- Serrano (2)
- Ginger (1 knob)

Shelf-Stable Goods

- Jasmine Rice (1 x 32 oz bag / 907 g)
- Pearled Barley (1 x 16 oz bag / 454 g)
- Corn Tortillas (10-12)
- Coconut Milk (13.5 fl oz / 400 mL)
- Canned Black Beans (15 oz / 425 g)
- Panko Bread Crumbs (1 x 8 oz box / 227 g)

Dairy & Eggs

- 1 egg
- Greek Yogurt (1 x 16 oz container / 454 g)
- Buttermilk (1 x 16 fl oz carton / 473 mL)

Cheeses

- Cotija (1 x 6 oz container / 170 g)

Frozen Vegetables

- 1 x 12 oz (340 g) bag of Fire-Roasted Corn (plain Golden Sweet Corn works too)

Suggested Proteins

- Boneless-Skinless Chicken Breasts (3-4)
- Flank Steak or NY Strip Steak (2)
- Shrimp (14-18)
- Salmon Filets (2)

(all specified quantities are intended for 2 people)