

GROCERY LIST

Produce

- Romaine (1 heart)
- Bell Pepper (1)
- Yellow Onion (1)
- Shallots (2)
- Jalapeno (3)
- Cilantro (1 bunch)
- Chives (1 bunch)
- Dill (1 bunch)
- Mint (1 bunch)
- Basil (1 bunch)
- Avocado (2)
- Spring Peas (3/4 lb)
- English Cucumber (1)
- Lemon (2)
- Lime (3)
- Garlic (5 cloves)
- If Needed: Green Cabbage (1)

Shelf-Stable Goods

- Quinoa (14.4 oz bag / 408 g)
- Corn Tortillas (10-12)
- Pinto Beans (15 oz / 425 g)
- Chipotle Peppers in Adobo (7 oz / 198 g)
- Crushed Fire Roasted Tomatoes (14.5 oz / 411 g)

Dairy & Eggs

- Greek Yogurt (1 x 5.3 oz container / 150 g)

Cheeses

- Queso Fresco

Suggested Proteins

- Boneless-Skinless Chicken Breasts (6)
- Salmon Filets (2)

(all specified quantities are intended for 2 people)