

Shopping list

We're assuming you have some ingredients such as olive oil, salt, pepper, and other spices. Spices you'll want on hand include cinnamon, cumin, chili powder, oregano, and garlic powder.

DAIRY

- ☐ Dozen eggs
- ☐ Regular or non-dairy milk
- ☐ Cheddar cheese
- ☐ 5.3-ounce container Greek yogurt

PRODUCE

- ☐ 1 banana
- ☐ 1 tomato
- ☐ Lettuce or other greens
- ☐ 2 red bell peppers
- ☐ 1 avocado
- ☐ 1 onion
- ☐ 1 lemon
- ☐ 1 lime
- ☐ 1 bunch cilantro
- ☐ 1 box raspberries

DRY FOODS

- ☐ Rolled oats
- ☐ Cocoa powder
- ☐ Brown rice
- ☐ Breadcrumbs
- ☐ Whole-wheat hamburger buns

CANNED GOODS

- ☐ 2 cans black beans
- ☐ 1 can white beans
- ☐ 1 can red kidney beans
- ☐ 1 can chickpeas
- ☐ 1 large can diced tomatoes
- ☐ 1 small can tomato paste
- ☐ 1 jar salsa

FROZEN FOODS

- ☐ Frozen corn
- ☐ Frozen spinach

MEAT

- ☐ 1.5 pounds ground beef or turkey

WHAT ELSE YOU'LL NEED:

- ☐ 3 jars/bowls for overnight oats
- ☐ Access to an oven and a muffin tin for the egg cups
- ☐ 5 Tupperware containers for burrito bowls
- ☐ 5 Tupperware containers for chili (or keep in a pot in the fridge and portion out ahead of time)