

**Shopping List (half)**

1 avocado(s)

2 bell pepper(s) (green)

1 bell pepper(s) (yellow)

1 carrot

1 head cauliflower

1 small bunch cilantro

1 package corn (frozen)

1 cup(s) fresh basil

1 bulb garlic

1 jalapeño(s)

1 onion(s) (red)

2 onion(s) (yellow)

2 leaves romaine lettuce

2-3 sweet potato(es)

2 (6 oz) can(s) tomato paste

1 tomato(s)

1 head (or bag) mixed greens or lettuce

1 package(s) Ezekiel hamburger buns (or English muffins)

1 package(s) Ezekiel tortillas

3 (15 oz) can(s) black beans

1 (15 oz) can(s) chickpeas

1 (7 oz) can(s) chipotle pepper (in Adobo sauce)

1 (15 oz) can(s) diced tomatoes

4 oz sun-dried tomatoes

2 (15 oz) can(s) pinto beans

1 (15 oz) can(s) red beans

pickles

3 Tbsp salsa

0.25 cup(s) nutritional yeast

0.125 cup(s) pine nuts (or raw almonds)

0.25 cup(s) whole grain bread crumbs

1 package(s) whole wheat penne pasta

0.5 cup(s) cheese

0.5 cup(s) almond or soy milk (unsweetened)

*0.5 Tbsp apple cider vinegar**1 tsp baking powder**black pepper*

**Shopping List (half)**

<i>cajun seasoning</i>
<i>0.5 tsp chili powder</i>
<i>coconut oil</i>
<i>coconut spray oil</i>
<i>0.5 cup(s) corn meal</i>
<i>crushed red pepper</i>
<i>ground cayenne</i>
<i>ground cumin</i>
<i>0.25 cup(s) olive oil</i>
<i>red pepper flakes</i>
<i>1 Tbsp sugar (or Xylitol)</i>
<i>0.5 cup(s) whole wheat flour</i>