

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

- Eggs (small carton)
- Regular or non-dairy milk
- 5.3-ounce cup Greek yogurt

PRODUCE

- 1 banana
- 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 15-ounce cans black beans
- 1 15-ounce can white beans
- 1 15-ounce can red kidney beans
- 1 15-ounce can chickpeas
- 1 28-ounce can diced tomatoes
- 1 6-ounce can tomato paste

FROZEN FOODS

- Frozen corn
- Frozen spinach

MEAT

- 1.5 pounds ground beef or turkey

WHAT ELSE YOU'LL NEED:

- 5 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)