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 cup 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 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
- 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)