

# 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 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)