

MEAT & SEAFOOD

CHICKEN BREASTS (2 LBS)

GROUND BEEF (1 LB)

PORK SHOULDER (3–4 LBS)



PRODUCE

GARLIC (6 CLOVES)

YELLOW ONIONS (2)

CARROTS (2)

CELERY STALKS (2)

GREEN BELL PEPPERS (2)

RED BELL PEPPERS (2)

ZUCCHINI (1)

MUSHROOMS (8 OZ)

KALE (1 CUP)

**FRESH BASIL (OPTIONAL
GARNISH)**

LIMES (2)



DAIRY & EGGS

MILK (1 CUP)

SHREDDED MOZZARELLA

CHEESE (¾ CUP)

SHREDDED PARMESAN

CHEESE (¼ CUP)



CANNED & JARRED

GOODS

CHICKEN BROTH (1½ CUPS)

DICED TOMATOES (2 CANS)

TOMATO SAUCE (1 CAN)

TOMATO PASTE (1 CAN)

BLACK BEANS (1 CAN)

KIDNEY BEANS (1 CAN)

PINTO BEANS (1 CAN)

CORN KERNELS (1 CAN)

GREEN CHILIES (1 CAN)

**SUN-DRIED TOMATOES (½
CUP)**



SPICES & SEASONINGS

OLIVE OIL

OREGANO

BASIL

THYME

RED PEPPER FLAKES

SALT

BLACK PEPPER

GROUND CUMIN

CHILI POWDER

PAPRIKA

GARLIC POWDER

ONION POWDER

RANCH SEASONING MIX (1 PACKET)

CHINESE 5-SPICE POWDER



PASTA & GRAINS

WHOLE WHEAT ROTINI NOODLES (2 CUPS)

BROWN RICE (OPTIONAL, FOR SERVING)

QUINOA FOR BATCH COOKING

JASMINE RICE FOR BATCH COOKING

**PASTA & MARINARA SAUCE FOR ITALIAN
MEATBALLS**



INTERNATIONAL & CONDIMENTS

SOY SAUCE

HOISIN SAUCE

RICE VINEGAR



FROZEN FOODS

FROZEN VEGETABLES FOR SIDES



MISCELLANEOUS

FREEZER GALLON ZIP-LOC BAGS OR

**LARGE FREEZER-FRIENDLY AIRTIGHT STORAGE
CONTAINERS**

**ALUMINUM FOIL OR PARCHMENT PAPER (FOR
BAKING)**