

# WEEK 1 SHOPPING LIST



## INGREDIENTS

### CANNED & DRY GOODS

- ☐ Canned chickpeas (One 15-ounce can)
- ☐ Canned kidney beans (One 15-ounce can)
- ☐ Canned pinto beans (Two 15-ounce cans OR one 28-ounce can)
- ☐ Canned chipotle chiles in adobo (1 small can)
- ☐ Unsweetened coconut cream (One 14-ounce can)
- ☐ Cut pasta, like elbows, penne, or ziti (1 lb)
- ☐ Rolled oats, not instant ( $\frac{1}{2}$  cup)
- ☐ Chia seeds ( $\frac{1}{3}$  cup)
- ☐ Red miso ( $\frac{1}{4}$  cup)
- ☐ Hamburger buns or rolls
- ☐ Tortilla chips
- ☐ Trimmings, as you like

### DAIRY

- ☐ Ricotta cheese (one 15-ounce container for 1 cup and some extra)

### PRODUCE

- ☐ Broccoli rabe (1  $\frac{1}{2}$  lbs.)
- ☐ Green beans (8 ounces)
- ☐ Tomatillos (4 or 5)
- ☐ Lime (1)
- ☐ Fresh cilantro
- ☐ Onion (1)
- ☐ Garlic (1 large head)
- ☐ Avocado (1 ripened)
- ☐ Scallions (3)

### OILS & SPICES

- ☐ Olive oil
- ☐ Good-quality vegetable oil
- ☐ Salt
- ☐ Pepper
- ☐ Red chili flakes
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Dry mustard

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## EQUIPMENT

- |                             |                   |                                 |                           |
|-----------------------------|-------------------|---------------------------------|---------------------------|
| • Large pot                 | • Parchment paper | • Measuring spoons              | • Blender                 |
| • Large skillet             | • Strainer        | • Liquid and dry measuring cups | • Potato masher, optional |
| • Large bowl                | • Slotted spoon   | • Fork                          | • Grill, optional         |
| • Large rimmed baking sheet | • Turner/spatula  | • Knife                         |                           |
|                             | • Can opener      |                                 |                           |