

Shopping List

Please buy organic when and if you can.

1 ½ lbs ground turkey
1 ½ lbs skin-on salmon fillets (aprox. 6 pieces),
preferably wild caught
3 eggs

Fresh Herbs

1 bunch cilantro, ½ cup chopped
1 bunch of dill, 5 tablespoon chopped

Dairy

½ cup grated extra sharp cheddar
4 tablespoons Mexican or El Salvadoran crema or sour
cream
5 oz herb & garlic goat cheese
2 oz plain goat cheese
1 small hunk Parmesan
2 oz cream cheese
3 oz Neufchaâtel cheese – like cream cheese
2 cups milk

Produce

1 medium onion
1 head garlic for 3 cloves
3 firm, ripe avocados
3 Roma tomatoes
2 beefy heirloom tomatoes
1 jalapeno
4 limes
3 lemons
1 head iceberg lettuce
8-10 yellow beets
2 cups (good handfuls) snap peas
3 medium leeks
5 oz arugula
2 ears of corn or 1 cup frozen

Bakery

1 refrigerated quality rolled piecrust

Dry

8 oz tomato sauce
1 ½ cups tortilla chips
15 oz pinto beans
6 oz pitted California black olives
6-8 oz fettucine pasta

Frozen

1 ½ cups peas

Spices

Chili powder, 1 tablespoon
Cumin, 3 teaspoons
Oregano, 2 teaspoons
Thyme, ¼ teaspoon
Paprika, 2 teaspoons

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 1 ½ cups
Sugar, 1 teaspoon
Maple Syrup, 2 tablespoons
All purpose flour, 3 tablespoons
Salt, Kosher
Peppe