

SHOPPING LIST

PROTEIN

- 2 bone-in skin-on chicken breasts
- 6 bone-in skin-on chicken thighs
- 12 ounces cooked spanish style chorizo
- Half a dozen eggs

PANTRY

- Bag of tortilla chips
- Flatbread or Pita
- 15 ounce can fire roasted crushed tomatoes
- 15 ounce can black beans
- 1 pound short noodle pasta (like penne or fusili)
- Gochujang (korean chili paste)
- Jasmine rice

PRODUCE

- 3 limes
- 2 lemons
- 1 box arugula
- 1 bunch kale
- 1 bunch swiss chard
- 1 leek
- 2 heads garlic
- 2 yellow onion
- 2 red onions
- 1 bunch scallions
- 1 bunch parsley
- 2 bunch cilantro
- 1 bunch mint
- 2 ears of corn
- 1 avocado
- 1 pound brussels sprouts
- 2 small sweet potatoes
- 2 turnips
- 1 bunch carrots
- 2 heads baby bok choy
- 2 serrano chilis
- 1 jalapeno

YOU MIGHT ALREADY HAVE, BUT IF NOT GRAB IT

- Grapeseed Oil (Or any another neutral, high heat cooking oil)
- Olive oil
- Cumin
- Chipotle chili powder
- Tamari
- Sesame oil
- Kosher Salt
- Flakey finishing salt