



Shopping List

Fruits

Vegetables

1 1/2 white onions
1 c fresh cilantro
1 jalapeno
2 c fresh spinach

Cheese

Shredded cheese
12 oz Mozzarella cheese
4 oz Pepper Jack cheese

Meat/Fish

24 oz. chicken breasts (2-3)
(I used Rotisserie chicken)

Bread/Cereal

Condiments/Dressings

Baking

1 t vanilla
1 c cornmeal
2 c flour
1 1/2 c sugar
1 T baking powder
1 t salt
1 T olive oil

Spices

1 pkg. Taco seasoning
1 T cumin
1 T chili powder

Pasta/Rice

Canned Foods

1 (16 oz) can black beans
1 (16 oz) can kidney beans
1 (8 oz) can tomato sauce
3 (14.5 oz) cans diced
tomatoes with chilies

Frozen

10 oz. Package frozen
corn kernals

Beverages

Dairy

Sour cream
4 eggs
1 c milk
3/4 c butter
2/3 c half and half

Household

Paper/Wraps

Other

