

August 31 - September 4 Shopping List

Dairy

- ☐ 3 tablespoons unsalted butter
- ☐ 4 cups cold milk
- ☐ 1 cup shredded white Cheddar cheese
- ☐ 1/2 cup grated Parmigiano-Reggiano cheese
- ☐ 1 1/2 cups Monterey Jack cheese, shredded
- ☐ 1/2 cup half and half
- ☐ to taste sour cream, for topping

Produce

- ☐ 1/2 cup yellow onion, finely diced
- ☐ 3/4 cup frozen peas, thawed and drained
- ☐ 1 avocado, cut into wedges
- ☐ 1 medium tomato, cut into wedges
- ☐ 1/2 cup + 1 bunch + additional cilantro
- ☐ 1 + to taste limes
- ☐ 1 cup sweet onion, chopped
- ☐ 1 medium red onion, thinly sliced
- ☐ 18 cloves garlic
- ☐ 20 tomatillos
- ☐ 3 poblanos
- ☐ 2 jalapeños
- ☐ 2 shallots
- ☐ 6 cups coleslaw mix
- ☐ 2 carrots, peeled and grated
- ☐ 1/4 cup green onions, chopped
- ☐ 1 tablespoon ginger root, grated

Protein

- ☐ 2 (5.5 ounce) cans tuna packed in olive oil, drained and crumbled
- ☐ 4 (5-oz.) tilapia fillets
- ☐ 3 1/2 pounds boneless pork shoulder

- ☐ 1 1/4 pounds boneless skinless chicken breasts
- ☐ 1 pound ground pork sausage

Pantry

- ☐ 3 tablespoons + 2 teaspoons all-purpose flour
- ☐ 1 (12 ounce) package dry egg noodles
- ☐ 1 pinch cayenne pepper
- ☐ Pepper
- ☐ 1/4 teaspoon + 1 tablespoon Worcestershire sauce
- ☐ Salt
- ☐ 1/2 cup plain bread crumbs
- ☐ Olive Oil
- ☐ 8 (6-in.) corn tortillas
- ☐ 1 Cooking Spray
- ☐ 1 teaspoon + 3 teaspoons chili powder
- ☐ 1/2 teaspoon ground red pepper
- ☐ 1/2 teaspoon + 1/2 teaspoon ground cumin
- ☐ 1 cup onion
- ☐ 1/4 teaspoon ground cinnamon
- ☐ 1/4 teaspoon dried oregano, crushed
- ☐ 1/3 cup + 1 1/2 cups chicken broth
- ☐ 2 tablespoons semisweet chocolate chips
- ☐ 6 flour tortillas (8-inch)
- ☐ 2/3 cup pimiento-stuffed olives, sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 1 (12-ounce) bottle chili sauce
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon low-sodium soy sauce
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sunflower seeds, shelled (optional)

Condiments

- ☐ 3 tablespoons canola mayonnaise
- ☐ 2 tablespoons sweet pickle relish

Grains & Breads

- ☐ 1 cup white rice
- ☐ 10 corn tortillas