

# February 15 - 19 Shopping List

## PRODUCE

- 2 lemons (Brats)
- 4 avocados (Tacos, Quinoa, Soup)
- 3 limes (Tacos, Quinoa)
- 3 scallions (Brats)
- 2 tablespoons green onions (Soup)
- 1 medium onion (Soup)
- 1 medium jalapeño pepper (Quinoa)
- 5 cloves garlic (Quinoa, Soup)
- 2 cups chopped romaine lettuce (Pulled Pork)
- 3 cups arugula (Pulled Pork)
- 1 ripe pear (Pulled Pork)
- 1 medium tomato (Tacos)
- 1/2 cup fresh flat-leaf parsley (Brats)
- 3/4 cup fresh cilantro (Tacos, Quinoa, Soup)
- 2 packages broccoli slaw, 12 oz each (Brats)

## MEAT / PROTEIN

- 2 pounds boneless pork loin (Pulled Pork)
- 8 slices bacon (Pulled Pork)
- Brats of your choice (Brats)
- 4 tilapia fillets, 5 oz each (Tacos)
- 2 large boneless chicken breasts (Soup)

## DAIRY

- 3 tablespoons blue cheese or Gorgonzola (Pulled Pork)
- 1/2 cup mayonnaise (Brats)
- 1/4 cup sour cream (Brats)
- 1/2 cup shredded Monterey Jack cheese (Soup)

## GRAINS & BREAD

- 8 corn tortillas, 6-inch (Tacos)
- 1 cup quinoa (Quinoa)

## CANNED & JARRED

- 2 cans black beans, 15 oz each (Quinoa, Soup)
- 1 can fire-roasted diced tomatoes, 14.5 oz (Quinoa)
- 1 can crushed tomatoes, 28 oz (Soup)
- 1 can chopped green chiles, 4 oz (Soup)
- 1 can condensed chicken broth, 10.5 oz (Soup)
- 1 cup white hominy (Soup)

## **FROZEN**

- French fries of your choice (Brats)
- 1 cup frozen corn (Soup)

## **PANTRY**

- 1 cup BBQ sauce (Pulled Pork)
- 1 cup packed brown sugar (Pulled Pork)
- 1/2 cup bourbon (Pulled Pork)
- 1/3 cup apple cider vinegar (Pulled Pork)
- 1 1/2 tablespoons apple cider vinegar (Pulled Pork)
- 1/4 cup fresh lemon juice (Brats)
- 4 tablespoons olive oil (Pulled Pork, Quinoa, Soup)
- 3 tablespoons canola mayonnaise (Tacos)
- 2 tablespoons sweet pickle relish (Tacos)
- 2 tablespoons toasted chopped walnuts (Pulled Pork)
- 2 tablespoons dried cherries (Pulled Pork)
- 1/3 cup roasted salted sunflower seeds (Brats)
- 1 cup chicken broth (Quinoa)
- 1 1/4 cups water (Soup)
- 1/2 cup crushed tortilla chips (Soup)
- Cooking spray (Tacos)
- 2 5/8 teaspoons kosher salt (Brats, Tacos)
- 1 1/2 teaspoons garlic powder (Pulled Pork, Brats)
- 1 teaspoon onion powder (Pulled Pork, Brats)
- 3 1/2 teaspoons chili powder (Quinoa, Soup, Tacos)
- 1 1/2 teaspoons cumin (Pulled Pork, Tacos, Quinoa)
- 1 teaspoon paprika (Pulled Pork)
- 1 teaspoon dried oregano (Soup)
- 1 tablespoon red pepper flakes (Quinoa)
- 1/4 teaspoon cayenne pepper (Pulled Pork)
- 1/2 teaspoon ground red pepper (Tacos)

1 teaspoon black pepper (Brats, Tacos)