

SHOPPING LIST

MARCH 27 COOKING DEMO

Chicken Tortilla Soup
Greens, Grains & Chicken Bowl
Chocolate Hummus

PRODUCE

1 onion
1 red bell pepper
1 lime
1 bunch cilantro
3 beets*
3 sweet potatoes**
1 shallot***
8-10 cups kale****

DAIRY

crumbled goat cheese

MEAT

4-5 lbs boneless, skinless chicken breasts
OR
1 whole roasted chicken

FROM YOUR PANTRY

salt & pepper
taco seasoning, 1 packet
extra virgin olive oil
balsamic vinegar
dijon mustard
corn, 1 can
black beans, 1 can
salsa, 1 jar
tomato paste, 1 small can
wild rice
sliced almonds, 1/2 cup
chicken stock, 5 cups
corn tortillas, 1 cup sliced
dried cherries
1 can chickpeas
1 can coconut milk
maple syrup
vegetable oil
vanilla extract

SHORTCUTS

- *find pre-roasted baby beets in the refrigerated produce section
- **buy pre-chopped sweet potatoes in the refrigerated produce section
- ***skip shallots if you're not making homemade balsamic dressing
- ****find pre-shredded bags of kale in the refrigerated produce section