**Pantry:**

Olive Oil

Salt/Pepper

**Meat:**

2 lbs. chicken wings/drumettes

1 ½ lbs. ground turkey

1 lb. chicken breast

1 lb. boneless skinless chicken breast

2 seasoned chicken breasts

**Produce:**

9 garlic cloves

1 large shallot

1 yellow onion

3 sweet potatoes

1 head of broccoli

3 white onions

1 red pepper

4 carrots

1 zucchini

2 cups bean sprouts

½ small purple cabbage

½ tsp. ginger

1 avacado

3 tomatos

Fresh Cilantro

¼ cup of Italian parsley

**Dairy:**

½ stick of butter

18 oz. container Greek Yogurt

½ cup shredded Colby cheese

½ cup of shredded pepper jack

8 oz. of mozzarella cheese, shredded

**Non-Perishable:**

¾ cup of hot sauce (I use Frank’s)

3 TBS honey

1 TBS clean BBQ sauce

10-15 dashes of Tabasco Sauce

2/3 cups of chicken broth

1 14 oz. can black beans

5 TBS of liquid aminos or soy sauce

1 TBS rice vinegar

2 TBS sesame oil

2 tsp. chili paste

3 cups of tomato sauce

1 15 oz. can refried beans

1 jar basil pesto

1 can artichoke hearts

**Bulk Bins**:

2 cups brown rice

**Spices:**

1 tsp. garlic powder

1 tsp. parsley

1 tsp. dill

5 TBS. chili powder

2 TBS taco seasoning

½ tsp. cayenne pepper

½ TBS. arrowroot powder

2 TBS cumin

1 tsp. dried oregano

**Bakery:**

12 yellow corn tortillas

Whole Wheat Lavash Bread