

Shopping List

Produce

Cilantro
Red Onion
2 Avocados
1 Tomato
1 medium shallot
garlic
lemons
2 sweet potatoes
1 head of broccoli

Meats

4 lbs Whole Chicken
3 lbs Boneless Pork Shoulder
1 lb Cooked Shrimp (deveined)
Bacon (nitrate-free)

Grocery

Quinoa
Whole Wheat Tortillas
1 (15 oz) can White Beans
Frozen Kale

Dairy

Shredded Cheddar cheese

Notes

People who love to eat are always the best people. -Julia Child