

Meal Plan #2 Shopping List

Produce

- 3 pounds sweet potatoes
- 3 large avocados
- 1 large bunch cilantro
- 3 limes or lemons
- 2 medium red onions (add another if you are making pickled onions at home)
- 1 bulb garlic
- 1 large tomato
- 1 jalapeno
- lettuce or cabbage (to make shrimp bowls)

Meat, Poultry and Fish

- 2 pounds shrimp

Condiments and Spices

- olive oil
- vegetable oil
- salt
- black pepper
- garlic powder
- chili powder
- onion powder
- cumin powder
- cornstarch
- brown sugar
- honey
- mayonnaise
- Sriracha sauce
- pickled onions
- dried parsley

Dairy & Misc. Refrigerated Items

- 1 cup sour cream
- 1 cup shredded Mexican blend or cheddar cheese
- butter

Meal Plan #2 Shopping List (contd)

Grains

- 8 corn tortillas
- 8 large flour tortillas (or 10 more corn tortillas)
- 4 burger buns
- brown or white rice
- 4 packs instant ramen noodles

Canned and Jarred

- 3 cans (15.5 ounces) black beans
- 2 cans (15 ounces) chicken stock

Frozen aisle

2 to 3 cups frozen corn