

### Meat & Poultry

- 7 skinless, boneless chicken breasts
- 3 lbs chicken (breasts, legs or thighs)
- 1 lb ground chicken (or turkey)
- 1 lb extra firm tofu

### Fish & Seafood

- 4 (6oz) salmon fillets (1½-in thick)

### Produce

- 4 cloves garlic
- 3 inches gingerroot
- 1 head Bibb lettuce
- Romaine lettuce
- red leaf lettuce
- green leaf lettuce
- 2 onions
- 1 red onion
- 1 shallot
- 1 tomato (taco topping – optional)
- 1 pint cherry tomatoes
- 1 yellow bell pepper
- 3 red bell peppers
- 1 green bell pepper
- 1 Jalapeño pepper
- 1 hot chili pepper
- 10 dried red chili peppers
- 3 carrots
- 1 stalk celery
- 2 cucumbers
- 1 cup snow peas
- 1 bunch asparagus
- 1 cup peas (or frozen)
- 3 zucchini (or 1 + 8oz spiralized)
- 1½ lbs Yukon gold potatoes
- 6 scallions
- 2 lemons
- 4 limes
- 2 mangos
- fresh thyme
- fresh chives
- fresh mint
- fresh cilantro
- fresh oregano

### Dairy

- ½ cup feta cheese
- 2 oz goat cheese, crumbled
- 2 eggs
- light sour cream, (taco topping-optional)

### Dry Goods

- white or brown rice, for serving
- 2 cups cooked pasta
- ½ cup cooked orzo
- ½ cup hazelnuts
- Greek salad dressing (optional)
- gochujang chili paste
- 5 oz oil packed canned tuna
- ½ cup Kalamata olives
- bread and butter pickles
- 1 can baby corn
- 2 tbsp hoisin sauce
- 4 oz water chestnuts
- ⅓ cup unsalted roasted peanuts
- 1 cup chicken stock
- 8 (8-inch) flour tortillas

### Pantry Staples

- olive oil
- vegetable or canola oil
- soy sauce
- sesame oil
- rice wine vinegar
- apple cider vinegar
- white balsamic vinegar
- balsamic vinegar
- honey
- Dijon mustard
- low fat mayonnaise
- ketchup
- sriracha chili sauce
- Worcestershire sauce
- Shaoxing wine or dry sherry
- sugar
- brown sugar
- cornstarch

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**Spices**

- thyme
- oregano
- Sichuan peppercorns (or black)
- celery seeds
- cumin
- chili powder
- cayenne pepper