

# DINNER INGREDIENT CHECKLIST

## PRODUCE

- ☐ Garlic
- ☐ Onions
- ☐ Jalapenos
- ☐ Carrots
- ☐ Bell peppers
- ☐ Mushrooms
- ☐ Broccoli
- ☐ Green onions
- ☐ Fresh herbs - optional  
(cilantro, parsley, basil)
- ☐ Avocados
- ☐ Corn (frozen is fine)
- ☐ Your favorite chopped greens  
for topping taco bowls

## DAIRY/EGGS

- ☐ Butter
- ☐ Eggs
- ☐ Heavy cream
- ☐ Parmesan cheese
- ☐ Sharp cheddar cheese
- ☐ Feta cheese
- ☐ Yogurt or sour cream for  
topping taco bowls

## PANTRY

- ☐ Soy sauce
- ☐ Canned whole tomatoes
- ☐ Olive oil
- ☐ Canned black, pinto, Garbanzo  
beans
- ☐ Quinoa or bulgur
- ☐ Walnuts
- ☐ Tomato paste
- ☐ Shell pasta
- ☐ Vegetable broth
- ☐ White or brown rice
- ☐ Nutritional yeast flakes
- ☐ All-purpose flour
- ☐ Panko breadcrumbs

## SPICES

- ☐ Salt
- ☐ Pepper
- ☐ Cumin
- ☐ Oregano
- ☐ Paprika
- ☐ Chili powder