

OFF THE PEPPER FALLING FOR YOU RECIPES

SHOPPING LIST

For more detail check the recipe card!

PRODUCE

- 1/4 red onion, chopped
- 1 cup diced pumpkin
- 2 cups sauteed kale
- 2 butternut squash bells
- 1 zucchini
- 1/2 cucumber, sliced into half moons
- 1 Tbsp. hulled pumpkin seeds (pepitas)
- 2 apples
- 1/4 tsp. scotch bonnet
- 1/2 tsp. ginger
- 1 tsp. garlic
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MEAT, FISH & POULTRY

- 2 chicken thighs, skinless & boneless
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DAIRY & EGGS

- 4 Tbsp. butter
- 2 Tbsp. goat cheese
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BAKING, SPICES, OILS & CONDIMENTS

- 1 tsp. allspice
- Nutmeg
- Brown sugar
- Rice wine vinegar
- Vegetable oil
- 3 cups chicken stock
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- 1 Tbsp. dijon mustard
- 5 leaves Thai basil, sliced
- 1 tsp. vanilla extract
- Cinnamon
- 1 cup granulated sugar
- 1 tsp. thyme
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BREAD, GRAINS & CEREAL

- 2 cups uncooked jasmine rice

DRY/CANNED GOODS & PANTRY SNACKS

- 1 can diced tomato
- 2 Tbsp. dried cranberries
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FROZEN FOODS

- 1/4 cup green peas, frozen
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BEVERAGES

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MISCELLANEOUS

- 10 wonton wrappers