

MARINA MAKES REFLECTIONS RECIPES

SHOPPING LIST

PRODUCE

- 1 avocado
- Juice of a half of a lime
- 1 tablespoon of chopped red onion
- 1 tablespoon of chopped jalapeno (seed removed)
- 1 tablespoon of pomegranate seeds
- 1/2 cup of grape tomatoes, sliced
- 1 cup of shredded lettuce
- Lime wedges
-
-
-
-
-
-
-
-
-

MEAT, FISH & POULTRY

- 1/2 pound of ground chicken
(vegetarian option: 15 oz can of black beans)
-
-
-
-
-
-

DAIRY & EGGS

- 1/3 cup of shredded sharp cheddar cheese
- 1/2 cup of sour cream
- 1 egg
- 1/2 cup of buttermilk
- 8 tablespoons of melted butter
-
-
-
-
-

BAKING, SPICES, OILS & CONDIMENTS

- 1/2 cup, plus 3 tablespoons of granulated sugar
- Cinnamon
- Salt
- 1 tablespoon of cumin
- 1 tablespoon of chili powder
- 1 teaspoon of paprika
- 1/2 teaspoon of salt
- 1/2 teaspoon of oregano
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of cinnamon
- Cooking spray
- 1 cup of flour
- 1 teaspoon of baking powder
- 3/4 cup of brown sugar
- 1 teaspoon of vanilla extract
-
-

BREAD, GRAINS & CEREAL

- Four tostada shells
-

DRY/CANNED GOODS & PANTRY SNACKS

- Tortilla chips
- 1/4 cup of chicken broth
-
-

FROZEN FOODS

-
-
-

BEVERAGES

- 2 shots of tequila
- 1 cup of almond milk
-

MISCELLANEOUS

-
-