

Bakery

- ☐ Corn tortillas 20 units

Vegetables

- ☐ Broccoli florets 2.5 cups
- ☐ Garlic 11 cloves
- ☐ Green chile 1 jar
- ☐ Green onions 1 bunch
- ☐ Onion 4 units
- ☐ Parsley 2tbsp

Canned Goods

- ☐ Capers 2tbsp
- ☐ Cream of chicken soup 6 cans
- ☐ Liquid (water/chicken stock) 8 cups

Meat

- ☐ Chicken breast 1lb
- ☐ Pork shoulder 1.5lb

Fruits

- ☐ Lemon zest 1 teaspoon

Rice, Cereal & Legumes

- ☐ Posole 1lb
- ☐ Wheat spaghetti 10oz

Frozen Foods

- ☐ Frozen chicken breast 2 bags

Condiments & Spices

- ☐ Bay leaf 1 unit
- ☐ Dried Mexican oregano 2 tsp
- ☐ Lemon juice 3 tbsp
- ☐ Olive oil or bacon drippings 2 tbsp
- ☐ Salt & pepper to taste

Dairy

- ☐ Cheddar cheese 1 lb
- ☐ Milk 0.5 cup