

Canned Goods

- ☐ Black beans 2 cans
- ☐ Vegetable broth 4 cups

Dairy

- ☐ Non-dairy Milk 1 cup
- ☐ Unsalted Butter 0.5 cup

Miscellaneous

- ☐ Elbow pasta 1lb

Vegetables

- ☐ Celery 3 ribs
- ☐ Cilantro 0.5 cup
- ☐ Corn 3 cups
- ☐ Jalapeños 2 units
- ☐ Red bell pepper 1 unit
- ☐ Sweet potatoes 2 units
- ☐ Tomatoes 16oz
- ☐ Yellow onion 1 unit

Condiments & Spices

- ☐ Chopped fresh thyme 1 bunch
- ☐ Lime juice 2/3 cup
- ☐ Nutritional yeast 3-4 tbsp

Frozen Foods

- ☐ Frozen corn 16oz

Rice, Cereal & Legumes

- ☐ Corkscrew pasta 8oz