

**Bakery**

- Flour Tortillas 4 extra large (burrito-sized)

**Dairy**

- Sour cream 1 cup

**Meat**

- Chicken breast 1.5lb
- Chicken breast or thighs 4 pieces
- Chicken thighs 2lb
- Cooked shredded chicken 2 cups
- Ground chicken 2.5lb

**Vegetables**

- Baby potatoes 3.5 lbs
- Broccoli 1.5 lbs
- Canned diced green chilies 8 oz
- Carrots 2 cups
- Fresh cilantro 1 bunch
- Fresh parsley 1 bunch
- Garlic 6 cloves
- Jalapeño pepper 1 tbsp
- Red bell pepper 1.5 cups
- Red onion 1 small
- White onion 0.33 cup
- Yellow onion 0.5 cup

**Condiments & Spices**

- Bertolli extra virgin olive oil 8 tbsp
- Chipotle sauce 1 tbsp
- Coconut aminos or soy sauce 2 tbsp
- Coconut oil 1 tbsp
- Dried oregano 1 tsp
- Dried thyme or rosemary 1 tsp
- Kikkoman teriyaki sauce  $\frac{3}{4}$  cup

**Fruits**

- Lemon 1
- Pineapple 1.25 cups
- Pineapple chunks 1 can (16 oz)

**Rice, Cereal & Legumes**

- Great northern beans 30 oz (2 cans)