

## Grocery list for 30 Minutes, 1 Pan Dinner Series

### **Produce:**

- 3 bell peppers (any color)
- 3 yellow onions
- 2 green bell peppers
- Garlic
- 1 jalapeno (optional)
- 3 limes
- (Optional) 2 Avocado or guacamole
- 1 pound green beans, trimmed
- Green onions
- 3 medium baking apples (such as gala, honeycrisp, Jonathan, or Fuji)
- 1 head green cabbage
- Parsley
- 3 celery stalks
- Cilantro (optional)
- Fresh rosemary
- 2 ears of sweet corn (or sub frozen)
- 1 fennel bulb
- 1 shallot
- 1 lemon

### **Canned/jarred:**

- Hot sauce (optional)
- Salsa (optional)

- Refried beans (optional)
- Peppers in adobo sauce (optional)
- 2 tablespoons Tomato paste
- 2 cans fire roasted tomatoes
- $\frac{3}{4}$  cup low sodium veggie broth (or chicken broth)
- cans kidney beans

### **Sweeteners:**

- Honey
- Maple syrup

### **Condiments:**

- Dijon Mustard

### **Oils & Vinegars:**

- Grape seed oil or extra virgin olive oil
- Apple cider vinegar

### **Oriental:**

- Rice wine vinegar
- Sesame oil
- Soy sauce (sub tamari for gluten free or coconut aminos for soy free)
- Fish sauce (optional)
- Black sesame seeds
- Garlic chili sauce

### **Spices/seasonings:**

- Fajita seasoning
- Salt
- Black pepper
- Chili powder
- Cumin

### **Grains:**

- Corn tortilla shells
- 6 to 8 servings of quick cooking Rice (optional)
- $\frac{3}{4}$  cup quinoa
- Tortilla chips (optional)

### **Dairy:**

- Shredded cheese (optional)
- Sour cream (optional)

### **Meat:**

- 1 pound boneless skinless chicken thighs
- 1 pound flank steak, skirt steak or hanger steak
- 1 pound pork chops
- 1.5 pounds salmon fillet, left whole (wild caught is best when possible)