

**Produce**

2 Avocados  
1 Bibb "living" lettuce  
2 Cilantro  
2 Garlic  
2 Plantain (green-yellow)  
1 Red Bell Pepper  
1 Red Onion  
1 Sliced Mushrooms  
1 Spinach (container/bag)  
3 Sweet Potato  
1 Yellow Onion  
8 Zucchini

**Protein**

1 100% grass fed beef (extra lean if not grass fed)  
Bacon package  
1 Chicken breast or thighs  
1 Chorizo (TX: Chorizo De San Manuel)  
Eggs  
1.5 Shrimp  
4 Tilapia filets

**Other**

1 Santa Monica Organic lime juice (jar)  
2 Tomato sauce (14.5oz)

**Seasoning**

Cumin  
Fennel Seed  
Italian Seasoning  
Onion Powder  
Oregano  
Pepper  
Pumpkin Spice Seasoning  
Salt  
Smoked Paprika  
Taco seasoning