**Produce**

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garlic*(if needed)*

1 yellow onion

1 bunch green onions

1 green bell pepper

1 red bell pepper

9 oz. crimini mushrooms

3 avocados

1 lime

1 fresh mango

**Canned/Dried Foods**

brown rice

two 15 oz. cans tomato sauce

two 15 oz. cans no salt tomato sauce

low-sodium soy sauce or tamari

Asian garlic pepper sauce  
  
coconut extract *(if needed)*   
  
dry oregano leaves *(if needed)*    
  
dry basil leaves *(if needed)*   
  
chili powder *(if needed)*   
  
cumin *(if needed)*

red and white wine to cook with *(if needed)*

**Frozen Foods**

frozen corn *(if needed)*

1 bag large, deveined, cooked shrimp *(if needed)*

**Meat/Fish Poultry**

**Chilled Foods/Dairy**

4 oz. sharp cheddar cheese

1 pack 9 inch corn tortillas