

## **Grocery List**

(Requested items not on list subject to availability)

### **Fresh Produce:**

- Tomatoes
- Onions
- Garlic
- Bell peppers
- Avocados
- Cilantro
- Limes
- Bananas
- Apples
- Oranges

### **Proteins:**

- Chicken (breast or thighs)
- Ground beef or pork
- Steak
- Eggs
- Canned tuna

### **Grains and Bread:**

- Rice
- Corn tortillas
- Flour tortillas
- Pasta
- Bread

### **Dairy:**

- Milk
- Cheese
- Yogurt

### **Canned and Jarred Goods:**

- Beans (black or pinto)
- Tomato sauce
- Hot sauce
- Coconut milk

### **Snacks:**

- Chips
- Salsa
- Nuts

### **Beverages:**

- Bottled water
- Coffee
- Tea
- Tequila
- Beer
- Wine
- Vodka
- Mezcal