

Cook Once, Eat Thrice Shopping List

Use this guide to shop for three easy meals:

1. BBQ Loaded Baked Potatoes with Side Salad
2. Shredded Beef Taco Bowls
3. Portobello Mushroom Pizzas with Side Salad

Ingredients are marked with numbers 1-3 to indicate the recipe that calls for them.

Produce

- 4 large baking potatoes, preferably organic (1)
- 1 bunch green onions (1, 2)
- 1 handful cilantro (2)
- 1 large bell pepper, any color (2)
- 1 large or 2 small avocados (2)
- 2 medium tomatoes, if in season (2, 3)
- 1-2 heads lettuce or large box washed baby greens (1, 3)
- Your favorite salad toppings, perhaps cucumber & tomato or carrots & celery, depending on what's in season (1, 3)
- 4 large or 6-8 smaller Portobello mushrooms (3)
- ½ cup frozen organic sweet corn kernels (2)

Dairy (optional)

- 4 ounces Italian melting cheese (like mozzarella), sheep-milk feta, or goat chevre (3)
- 4 ounces cheddar cheese (1)
- 8 ounces sour cream (1, 2)
- Butter for serving (1)

Meat

- 3 lbs bone-in beef roast, preferably grass-fed (1, 2, 3)

Pantry Goods

- 1½ cups rice, white or brown (2)
- 1 can black, pinto, or kidney beans (2)
- ½ cup BBQ sauce (1)
- ½ cup salsa (2)
- 1 tablespoon tomato paste (I prefer a squeezable tube to prevent waste) (3)
- 1¼ cup extra virgin olive oil (1, 2, 3)
- 1/3 cup raw apple cider vinegar (1, 3)
- ½ teaspoon ground cumin (2)
- ¼ teaspoon dried oregano (3)
- ¼ teaspoon crushed red pepper flakes (3)
- 1 teaspoon chili powder
- 1 teaspoon freshly ground black pepper (1, 2, 3)
- 3 teaspoons sea salt (1, 2, 3)