



Fats and oils

Butter, 350 g
Olive oil, 40 ml

Eggs

Egg, 15
Egg, large, 5

Spices and seasonings

Salt,
Pepper,
Tex-mex seasoning,
Ground black pepper,
Garlic powder,
Dried parsley,

Produce

Leafy greens, 140 g
Red bell pepper, 2/5
Red onion, 1/3
Cucumber, 75 g
Celery stalk, 28 g
Avocados, 2
Romaine lettuce, 260 g
Cherry tomatoes, 130 g
Yellow onion, 1/2
Green bell pepper, 1/2
Fresh green beans, 375 g
Lemon, 1/2
Scallion,
Tomato, 1/2

Green cabbage, 350 g
Fresh spinach, 28 g

Pantry

Tuna in water, 350 g
Lime juice, 1 tbsp
Sauerkraut, 150 g
Yellow mustard, 4 tsp
Mayonnaise, 85 g
Pickled jalapeños, 22 g
Lemon juice, 1/4 tbsp

Protein

Smoked sausage (>90% meat), 475 g
Boneless chicken thighs, 1 kg
Bacon, 190 g
Salmon, boneless fillet, 350 g
Pork chop, 170 g

Fresh herbs

Fresh parsley,
Fresh cilantro,
Fresh chives,

Dairy

Mexican cheese, 45 g
Pepper Jack cheese, 28 g