

LOVE & LEMONS

Breakfast Taco Week Grocery List

(ingredients for 3 recipes, each serves 2 people)

Main Ingredients:

1 medium sweet potato
1 ear of fresh corn
1 poblano pepper
1 yellow onion
1 red onion
2 jalapeno peppers
1 bulb of garlic
8 ounces shiitake mushrooms
1 cup cherry tomatoes
5 cups fresh spinach
6 medium tomatillos
Cilantro
2 avocados
4 limes
12 tortillas
12 large eggs
Microgreens, optional
Serrano peppers, optional for extra spice

Staples you may already have on hand:

Extra-virgin olive oil
Tamari
Sea salt and pepper
Hot sauce, optional

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