**Taco Salad**

**Produce**

garlic *(if needed)*

sweet onion *(if needed)*

red or green leaf lettuce *(if needed)*  
  
1 bunch cilantro

1 cucumber *(if needed)*

green pepper *(if needed)*

red bell pepper *(if needed)*

one Anaheim pepper

one jalapeno pepper

one avocado

2 Roma tomatoes

1 lime

**Canned/Dried Foods**one 15 oz. can no-salt chopped tomatoes *(if making quick salsa)*

Tabasco *(if needed)*one 32 oz. box low-sodium veggie broth *(if needed)*

good, extra-virgin olive oil *(if needed)*

chili powder *(if needed)*dry oregano leaves *(if needed)*

dry basil leaves *(if needed)*

ground cumin *(if needed)*

**Frozen Foods**

Beyond Meat Beefy Crumbles or equivalent product *(if eating plant-based)*

**Meat/Fish/Poultry**  
8 oz. lean ground beef or skinless, ground turkey breast

**Chilled Foods/Dairy**  
fresh tomato salsa *(if not making quick, low-sodium salsa)*

plain, nonfat yogurt *(if needed)*

3 oz. sharp cheddar cheese *(if needed)*

6” corn tortillas *(if needed)*