

EXPLORE SPAIN

SHOPPING LIST



eat2explore™

www.eat2explore.com

X @ J eat2explore



Paella

PROTEIN

- ☐ Chicken - 4 drumsticks & 4 thighs
Vegetarian option
- ☐ 1 can artichoke hearts + 8 oz asparagus / green beans

VEGETABLES

- ☐ 1 large onion
- ☐ 2 red bell peppers
- ☐ 1 cup frozen baby peas
- ☐ 1 15-oz can diced tomatoes

PANTRY

- ☐ 2 cups medium-grain rice (preferably arborio)
- ☐ ½ cup pitted green olives (optional)
- ☐ 2 cups chicken / vegetable stock
- ☐ olive oil, salt & pepper

INCLUDED

- ☒ Pappi Paella Mix

Garlicky Shrimp

PROTEIN

- ☐ 2 lbs shrimp
Vegetarian option
- ☐ 2 lbs mixed button & cremini / wild mushrooms

VEGETABLES

- ☐ 4 plum tomatoes
- ☐ 6 garlic cloves
- ☐ 1 lemon
- ☐ parsley (optional)

PANTRY

- ☐ rustic country bread (or gluten-free rustic bread)
- ☐ olive oil, salt & pepper

INCLUDED

- ☒ Paprikie Herbie Mix
- ☒ Toto Tomato Mix
- ☒ Tajin Mix (1 pack)

Tortilla Española

PROTEIN

- ☐ 3 medium size Yukon gold potatoes
- ☐ 2 medium onions
- ☐ 1 red bell pepper

VEGETABLES

PANTRY

- ☐ 6 large eggs
- ☐ olive oil, salt & pepper

INCLUDED

- ☒ Vibrant Veggie Mix