

# 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

**GO TO [WWW.LOVEANDLEMONS.COM](http://WWW.LOVEANDLEMONS.COM) FOR THE RECIPES**