

# Simple Eats - “Fry It Up!” Grocery List



## On The Menu This Week ...

Air-fried French Toast

Air-fried Orange Tofu

Air-fried Avocado Tacos

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*Yields 4 servings per meal*

All ingredients are color-coded if you'd prefer to make only *some* of the weekly options. For ingredients that in numerous recipes (ie. limes), check the parenthesis to the right to see how many are in the recipes you're interested in making.

### Protein:

- ☐ 1 pound extra-firm tofu drained and pressed (or use super-firm tofu)

### Produce:

- ☐ 2 large Hass Avocados, Cut into 8 wedges each
- ☐ 2 cups Shredded Red Cabbage
- ☐ 4 limes
- ☐ 1 teaspoon orange zest

- ☐ 1 Tbsp pure maple syrup
- ☐ 1/2 cup All-Purpose Flour
- ☐ 1 cup Panko Breadcrumbs
- ☐ Vegetable Oil, For frying
- ☐ Salt
- ☐ Salsa Verde
- ☐ 8 Corn Tortillas
- ☐ 1/2 cup Mayonnaise
- ☐ 1/2 teaspoon Chili Powder
- ☐ 1/4 teaspoon Cayenne Pepper

### Dry Goods & Bakery:

- ☐ 12 slices Texas Toast
- ☐ 1 tsp. vanilla extract
- ☐ 1/4 cup granulated sugar
- ☐ 1 tbsp. cinnamon
- ☐ Maple syrup, optional
- ☐ 1 Tbsp Tamari sauce
- ☐ 1 Tbsp + 2 tsp cornstarch (or arrowroot powder)
- ☐ 1/4 tsp crushed red pepper flakes
- ☐ 1 tsp fresh ginger minced
- ☐ 1 tsp fresh garlic minced

### Dairy & Refrigerated:

- ☐ 1 cup milk
- ☐ 5 large eggs
- ☐ 4 tbsp. butter, melted
- ☐ 2 Eggs, Beaten
- ☐ 1 cup Shredded Monterey Jack Cheese
- ☐ 1/4 cup Sour Cream
- ☐ 1/3 cup orange juice