

MEALTIME HELPER

MAKING MEALTIME EASY

Fish Tacos - Shopping List

- **Protein**

- 1 lb (450 g) firm white fish (cod, tilapia, halibut, or mahi-mahi)

- **Produce & Herbs**

- 1 lime (for juice + wedges)

- 1 cup shredded cabbage or 1 bag coleslaw mix

- 1/4 cup fresh cilantro (optional)

- Optional toppings: 1–2 avocados, tomatoes or ingredients for pico de gallo (tomato, onion, cilantro, lime), red onion (for pickling), jalapeño

- **Dairy & Condiments**

- 1/2 cup sour cream or Greek yogurt (for crema)

- 2 tbsp mayonnaise (optional, for crema)

- Crumbled queso fresco or shredded cheese (optional)

- **Pantry & Spices**

- Olive oil

- Ground cumin

- Smoked paprika (or regular paprika)

- Chili powder or ancho powder

- Garlic powder

- Kosher salt

- Black pepper

- Hot sauce or 1 small can chipotle in adobo (optional, for crema)

- **Tortillas & Bread**

- 8 small corn or flour tortillas (6–8 inch)

- **Optional finishing / serving**

- Pickled red onions or jarred pickled jalapeños

- Tortilla chips (if serving with pico)

Notes:

- Use pre-shredded coleslaw mix to save time.
- If you don't want to make crema, use store-bought crema or plain sour cream.