

MARINA MAKES ISLAND ADVENTURE RECIPES

SHOPPING LIST

PRODUCE

- 2-4 pineapple slices for garnishing
- 2 mangos, peeled and diced into cubes
- Half of a jalapeno, seeds removed and diced
- 1/4 cup of diced red onion
- Juice of two limes, zest of one
- 1 ear of corn
- 1 cup of shredded cabbage
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MEAT, FISH & POULTRY

- 2 six ounce filets of fresh cod
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DAIRY & EGGS

- 1/3 cup of sour cream
- 1 large egg white
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BAKING, SPICES, OILS & CONDIMENTS

- 2 Tbsps of olive oil
- Salt
- Pepper
- 4 cups of shredded unsweetened coconut
- 3/4 cup of sweetened condensed milk
- 1 tsp of vanilla
- 1 cup of white melting chocolate
- 1/4 cup of crushed macadamia nuts
(can use almonds as an alternative)
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BREAD, GRAINS & CEREAL

- 6 flour or corn tortillas

DRY/CANNED GOODS & PANTRY SNACKS

- Tortilla chips
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FROZEN FOODS

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BEVERAGES

- 4 oz of rum (alcoholic version)
- 1/2 cup of pineapple juice (alcoholic version)
- 1/2 cup of cranberry juice (alcoholic version)
- 2 cups of pineapple juice (non-alcoholic version)
- 2 cups of cranberry juice (non-alcoholic version)
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MISCELLANEOUS

- Parchment paper