

## Shopping List

- flax meal 1 tbsp
- maple syrup or stevia 1 tbsp
- Toppings after baking: nut butter
- Toppings before baking: raspberries

### Baking/Spices

- baking powder 0.75 tsp
- bay leaf 1
- black pepper 0.75 tsp
- coconut sugar 3 tbsp
- cumin 2 tsp
- dried oregano 2 tsp
- EACH: dried basil and dried thyme 0.50 tsp
- flour 0.33 cup
- fresh chopped rosemary 2 tsp
- fresh grated ginger minced 1 tbsp
- garlic powder 2 tsp
- ground coriander 2 tsp
- ground ginger 0.50 tsp
- Italian seasoning 1 tbsp
- kosher salt 2 tsp
- of red pepper flakes Pinch
- pepper 0.50 tsp
- Pinch of red pepper flakes
- salt 2 tsp
- sea salt 1 tsp
- smoked paprika 1 tsp
- tapioca flour 1 tbsp

### Canned Goods

- 15 ounce can tomato sauce 1
- can diced tomatoes 1 (14.5-ounce)
- can green beans 1 (14.5 ounce)
- can white beans 1 (15-ounce)

### Condiments

- dijon mustard 1 tbsp
- spicy brown mustard 3 tsp
- sriracha or red chili paste 1 tbsp

**Dairy**

- eggs 3
- feta cheese 4 oz
- large egg 1
- milk 0.33 cup
- plain greek yogurt 0.25 cup

**Meat/Fish**

- 11 ounce packages Al Fresco Sweet Appl 2
- e Chicken Sausage, sliced
- boneless skinless chicken breast or thigh 1 lb
- s
- boneless skinless chicken breasts 2 lb
- chicken breast 1 lb
- ground turkey 1 lb
- salmon fillets 4 (5-6 ounce)

**Optional Toppings**

- Parmesan cheese and parsley for topping
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- Toppings: Balsamic glaze, fresh chopped parsley or dill

**Pantry**

- apple cider vinegar 0.33 cup
- can full fat canned coconut milk 1
- carton chicken broth or vegetable broth 1 (32-ounce)
- coconut oil 3 tbsp
- creamy peanut butter 3 tbsp
- fish sauce 1 tbsp
- maple syrup 0.25 cup
- olive oil 4 tbsp
- 5 tbsp
- 0.33 cup
- red curry paste 3 tbsp
- red wine vinegar 3 tbsp

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|---|----------|
| <input type="checkbox"/> rice vinegar           | 2 tbsp   |
| <input type="checkbox"/> sesame oil             | 2 tbsp   |
| <input type="checkbox"/> soy sauce              | 0.25 cup |
| <input type="checkbox"/> tomato paste           | 4 tbsp   |
| <input type="checkbox"/> turmeric               | 1 tsp    |
| <input type="checkbox"/> unsalted peanuts       | 0.50 cup |
| <input type="checkbox"/> vanilla protein powder | 1 scoop  |
| <input type="checkbox"/> wide rice noodle       | 8 oz     |

**Produce**

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|--|----------|
| <input type="checkbox"/> avocado               | 1        |
| <input type="checkbox"/> baby potatoes         | 6        |
| <input type="checkbox"/> bean sprouts          | 2 cups   |
| <input type="checkbox"/> brussels sprouts      | 16 oz    |
| <input type="checkbox"/> carrots               | 4        |
| <input type="checkbox"/> Chopped cilantro      | 0.25 cup |
| <input type="checkbox"/> English Cucumber      | 1        |
| <input type="checkbox"/> fresh dill            | 4 tbsp   |
| <input type="checkbox"/> fresh parsley         | 2 tbsp   |
| <input type="checkbox"/> fresh thyme           | 2 tbsp   |
| <input type="checkbox"/> garlic                | 4 cloves |
| <input type="checkbox"/> garlic cloves         | 4        |
| <input type="checkbox"/> green onions          | 2        |
| <input type="checkbox"/> juice from 1 lemon    |          |
| <input type="checkbox"/> Juice from 1/2 a lime |          |
| <input type="checkbox"/> large red bell pepper | 1        |
| <input type="checkbox"/> lime juice            | 1 tbsp   |
| <input type="checkbox"/> matchstick carrots    | 1 cup    |
| <input type="checkbox"/> medium apples         | 2        |
| <input type="checkbox"/> medium yellow onion   | 1        |
| <input type="checkbox"/> minced garlic.        | 7 cloves |
| <input type="checkbox"/> onion powder          | 2 tsp    |
| <input type="checkbox"/> red bell pepper       | 1        |
| <input type="checkbox"/> red onion             | 0.25 cup |
| <input type="checkbox"/> roma tomato           | 1        |
| <input type="checkbox"/> shallot               | 1        |
| <input type="checkbox"/> small yellow onion    | 1        |
| <input type="checkbox"/> stalks celery         | 3        |

- sweet potatoes
- To serve: fresh chopped cilantro

1 lb