

Shopping List

- ☐ Balsamic glaze to taste
- ☐ sliced almond 2 tbsp
- ☐ Toppings as desired
- ☐ white beans (cannellini) 1 (15-ounce) can

Baking/Spices

- ☐ all purpose flour 3 tbsp
- ☐ Black pepper to taste
- ☐ brown sugar or coconut sugar 1 tbsp
- ☐ chili powder 2.50 tbsp
- ☐ cinnamon 0.25 tsp
- ☐ dried dill 0.50 tsp
- ☐ EACH: ground coriander and cumin 1 tsp
- ☐ fresh cracked black pepper 0.25 tsp
- ☐ freshly ground black pepper 0.25 tsp
- ☐ garlic powder 2.25 tsp
- ☐ ground cumin 2 tsp
- ☐ Italian seasoning 1.50 tsp
- ☐ kosher salt 0.25 tbsp
- ☐ kosher salt, garlic powder 2 tsp
- ☐ of red pepper flakes 1 teaspoon EACH:
- ☐ paprika Pinch
- ☐ Pinch of red pepper flakes 1 tsp
- ☐ pumpkin pie spice 0.25 tsp
- ☐ red pepper flakes
- ☐ Salt and black pepper to taste
- ☐ salt and pepper to taste
- ☐ smoked paprika 1 tsp
- ☐ yellow curry powder 1 tbsp

Canned Goods

- ☐ can black beans 1 (15-ounce)
- ☐ can full fat coconut milk 1 (15-ounce)
- ☐ Diced tomatoes 1 (28-ounce) can
- ☐ pumpkin puree 1 (15-ounce) can
- ☐ tomato sauce 1 (15-ounce) can

Dairy

- ☐ cottage cheese 1.50 cups
- ☐ grated parmesan cheese 0.50 cup
- ☐ heavy cream 1 cup
- ☐ melted unsalted butter or vegan butter 3 tbsp
- ☐ parmesan cheese 0.33 cup
- ☐ shredded low moisture mozzarella cheese 1 cup
- ☐ sour cream 0.33 cup
- ☐ unsalted butter 3 tbsp

Meat/Fish

- ☐ boneless skinless chicken breasts or thigh 1.50 lb
- ☐ chicken breasts 1 lb
- ☐ chicken breasts, pounded to an even thickness 4 (5-6 ounce)
- ☐ ground turkey 2 lb
- ☐ package Mexican Style Chicken Sausage 1 (12-ounce)
- ☐ salmon filets 4 (5-6 ounce)

Optional Toppings

- ☐ Fresh basil, fresh thyme, ricotta cheese and/or crusty bread for serving
- ☐ Warm naan, lime juice, cilantro, Thai basil, crispy shallots (Note 4), chili oil, or red pepper flakes to garnish

Pantry

- ☐ Basmati rice, white rice, or brown rice, for serving (Note 3)
- ☐ chia seeds 1 tbsp
- ☐ chicken broth 1 cup
- ☐ honey 1 tsp
- ☐ Lasagna noodles 6 oz
- ☐ low sodium chicken broth 6 cups
- ☐ mayonnaise 2 tbsp
- ☐ nut butter 1 tbsp
- ☐ olive oil 8 tbsp
- ☐ package pre-cooked jasmine rice 2 (8.8 ounce)
- ☐ plain bread crumbs or Panko bread crumbs 0.33 cup
- ☐ pure maple syrup 0.25 cup
- ☐ red curry paste 2 tbsp

Produce

- ☐ avocado 0.50
- ☐ baby yukon gold potatoes 1 lb
- ☐ carrots 1 lb
- ☐ cherry tomatoes
- ☐ finely chopped cilantro 3 tbsp
- ☐ fresh baby spinach 4 cups
- ☐ fresh chopped dill 2 tbsp
- ☐ fresh dill 3 tbsp
- ☐ fresh grated ginger 1 tbsp
- ☐ fresh mangoes (about 3 large mangoes) 3 cups
- ☐ fresh parsley 0.25 cup
- ☐ fresh thyme leaves 2 tsp
- ☐ green onion 1
- ☐ Juice from ½ a lime
- ☐ lemon juice 2 tbsp
- ☐ medium yellow onion 4
- ☐ minced garlic cloves or 1 teaspoon garlic powder 2

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| <input type="checkbox"/> minced garlic. | 13 cloves |
| <input type="checkbox"/> olive oil, avocado oil, or coconut oil | 2 tbsp |
| <input type="checkbox"/> onion powder | 1.25 tsp |
| <input type="checkbox"/> Optional for serving: fresh lime juice, fresh parsley, fresh cilantro, or avocado | |
| <input type="checkbox"/> oregano | 0.25 tsp |
| <input type="checkbox"/> raspberries | 0.25 cup |
| <input type="checkbox"/> red bell pepper | 1 |
| <input type="checkbox"/> sweet bell peppers any color | 3 |
| <input type="checkbox"/> Zest from 1/2 lemon | |