

## Shopping List

- ☐ bread 8 slices
- ☐ flax meal 4 tbsp
- ☐ Toppings as desired: Butter, maple syrup, almond butter, berries
- ☐ Worcestershire 1 tsp

### Baking/Spices

- ☐ black pepper 0.25 tsp
- ☐ cinnamon 1 tsp
- ☐ cumin 3 tsp
- ☐ EACH: chili powder and dried oregano 2 tsp
- ☐ EACH: kosher salt 1 tsp
- ☐ EACH: paprika 1 tsp
- ☐ everything bagel seasoning 0.25 cup
- ☐ fresh cracked black pepper 0.50 tsp
- ☐ fresh ground ginger 1 tsp
- ☐ garlic powder 1 tsp
- ☐ Italian seasoning 2 tsp
- ☐ kosher salt 2 tsp
- ☐ of red pepper flakes Pinch
- ☐ packet store bought taco seasoning 1
- ☐ seasoning salt 3 tsp
- ☐ smoked paprika 0.50 tsp
- ☐ vanilla extract 1 tbsp
- ☐ 1 tsp

### Beverages

- ☐ water 0.25 cup

### Canned Goods

- ☐ can black beans 1 oz
- ☐ can crushed tomatoes 16 oz
- ☐ can full fat coconut milk 1 (13.6 ounce)
- ☐ can sweet corn 1 oz

### Condiments

- ☐ dijon mustard 2 tbsp
- ☐ ketchup 2 tbsp
- ☐ sriracha or BBQ sauce 2 tsp

### Dairy

- ☐ Freshly grated parmesan cheese for topping
- ☐ heavy cream, coconut cream, or cashew cream 1 cup
- ☐ large egg whites 6
- ☐ large eggs 2
- ☐ milk 0.75 cup

- ☐ shredded cheddar or taco cheese 4 oz
- ☐ unsalted butter, coconut oil, or vegan butter 1 tbsp

### Meat/Fish

- ☐ chicken tenders 1.50 lb
- ☐ chuck roast 2 lb
- ☐ ground chuck 80% lean 1.50 lb
- ☐ ground turkey 2 lb
- ☐ Italian chicken sausage 12 ounces (4 links)

### Optional Toppings

- ☐ Toppings: toasted panko, avocado, green onions, or sesame seeds

### Pantry

- ☐ avocado oil or olive oil 2 tbsp
- ☐ beef broth 2.50 cups
- ☐ corn starch or tapioca starch dissolved in 1 Tablespoon of water 1 tbsp
- ☐ Dill pickles to taste
- ☐ honey 4 tbsp
- ☐ Marinara sauce 24 oz
- ☐ mayonnaise 0.50 cup
- ☐ mild or medium salsa 1 cup
- ☐ olive oil 5.50 tbsp
- ☐ penne pasta 12 oz
- ☐ sesame oil 2 tsp
- ☐ soy sauce, tamari, or coconut aminos 0.33 cup
- ☐ tomato paste 5 tbsp
- ☐ uncooked long grain white rice 1 cup
- ☐ uncooked rice or quinoa 0.50 cup
- ☐ vanilla protein powder 0.50 cup

### Produce

- ☐ avocado 1
- ☐ Avocado and cilantro to garnish
- ☐ bell peppers with the tops cut off and de-seeded through the stem 4
- ☐ broccoli florets 1 lb
- ☐ broccoli florets (1 large head of broccoli) 3 cups
- ☐ cherry or grape tomatoes 1 cup
- ☐ chopped broccoli 1 cup
- ☐ Chopped cilantro 3 tbsp
- ☐ chopped romaine or butter lettuce 4 cups
- ☐ Fresh basil, parsley, or thyme to garnish
- ☐ garlic 3 cloves
- ☐ garlic minced 5 cloves
- ☐ large sweet potatoes 2
- ☐ lime juice 2-3 limes 2 tbsp
- ☐ medium onion sliced 1
- ☐ medium yellow onion 0.50

<input type="checkbox"/> minced garlic.	6 cloves
<input type="checkbox"/> minced shallot	0.50
<input type="checkbox"/> petite potatoes	1 lb
<input type="checkbox"/> red onion	0.50
<input type="checkbox"/> red pepper	1
<input type="checkbox"/> shredded carrots	1 cup