

Shopping List

☐ chia seeds or flax meal	5 tbsp
☐ frozen blueberries	1.67 cups
☐ frozen raspberries	1.67 cups
☐ scoop vanilla protein powder	5

Baking/Spices

☐ all purpose flour	0.50 cup
☐ black pepper	0.75 tsp
☐ chili powder	2.50 tsp
	1 tbsp
☐ cinnamon	2.50 tsp
☐ dried dill	0.50 tsp
☐ dried oregano	0.25 tsp
☐ fresh chopped cilantro	
☐ garlic powder	1.50 tsp
☐ ground cumin	3 tsp
☐ kosher salt	4 tsp
☐ kosher salt, garlic powder	1 teaspoon EACH:
☐ paprika	1.50 tsp
☐ paprika, garlic powder, oregano	1 teaspoon EACH
☐ pepper	0.25 tsp
☐ red pepper flakes	0.25 tsp
☐ salt	1 tsp
☐ salt and pepper to taste	
☐ smoked paprika	3.50 tsp

Canned Goods

☐ black beans	1 (15-ounce) can
☐ can black beans	15 (1 can)
☐ can fire roasted tomatoes	14.50 (1 can)
☐ Pickled red onion	

Condiments

☐ dijon mustard	0.25 cup
--	----------

Dairy

☐ butter or vegan butter	2 tbsp
☐ fresh grated monterey jack or cheddar cheese	8 oz
☐ hard boiled eggs	3
☐ heavy cream	1 cup
☐ large eggs	2
☐ melted unsalted butter or vegan butter	3 tbsp
☐ milk	2.50 cups
☐ parmesan cheese	0.58 cup
☐ shredded Mexican cheese	2 cups
☐ sour cream	0.33 cup
☐ Sour cream or plain Greek yogurt	

Meat/Fish

- ☐ bone-in skin-on chicken thighs 1.50 lb
- ☐ boneless skinless chicken thighs or breasts 1.50 lb
- ☐ chicken tenderloins 1 lb
- ☐ ground turkey 1 lb
- ☐ ribeye 1.50 lb
- ☐ salmon filets 4 (5-6 ounce)

Optional Toppings

Topping options: sliced radishes, pickled

- ☐ onion, avocado, sour cream (vegan), cilantro, red onion, jalapenos

Pantry

- ☐ avocado oil or olive oil 2 tbsp
- ☐ coconut or avocado oil 0.33 cup
- ☐ corn, grain free or flour tortillas 8
- ☐ dry orzo pasta 1.25 cups
- ☐ honey 0.25 cup
- ☐ low sodium chicken broth 1.50 cups
- ☐ mayonnaise 2 tbsp
- ☐ nut butter 0.25 cup
- ☐ of your favorite bbq sauce 5 tbsp
- ☐ olive oil 0.33 cup
- ☐ olive oil or avocado oil 6 tbsp
- ☐ Panko breadcrumbs 3 tbsp
- ☐ plain bread crumbs or Panko bread crumbs 0.25 cup
- ☐ red enchilada sauce 0.33 cup
- ☐ sliced black olives 1.50 cups
- ☐ Tortilla chips 1 (14-ounce) bag

Produce

- ☐ asparagus 1 lb
- ☐ avocado 1
- ☐ baby yukon gold potatoes 1 lb
- ☐ carrots 1 lb
- ☐ cherry tomatoes 1 cup
- ☐ Diced tomatoes or pico de gallo
- ☐ fresh chopped dill 2 tbsp
- ☐ fresh dill 3 tbsp
- ☐ fresh lime juice
- ☐ fresh parsley 0.25 cup
- ☐ Fresh parsley, fresh dill, or, fresh oregano for topping
- ☐ garlic 3 cloves
- ☐ lemon juice 2 tbsp
- ☐ lemon juice or white distilled vinegar 3 Tablespoons
- ☐ lemon zest 1 tbsp
- ☐ medium shallot 2 tsp
- ☐ medium yellow onion 1

- | | |
|---|-----------|
| ☐ minced garlic. | 13 cloves |
| ☐ onion powder | 0.50 tsp |
| ☐ red onion | 0.50 |
| ☐ romaine lettuce | 8 cups |
| ☐ Sliced Jalapeno rounds | |
| ☐ Zest from 1/2 lemon | |