

Shopping List

- ☐ diced green chiles 2 (4-ounce) cans
- ☐ flax meal 5 tbsp
- ☐ Freshly cracked pepper and kosher salt
- ☐ maple syrup or stevia 5 tbsp
- ☐ poblano peppers 2
- ☐ Toppings after baking: nut butter
- ☐ Toppings as desired
- ☐ Toppings before baking: raspberries

Baking/Spices

- ☐ baking powder 3.75 tsp
- ☐ chili powder 4 tsp
- ☐ coconut sugar 2 tbsp
- ☐ cumin 3 tsp
- ☐ dried oregano 2 tsp
- ☐ EACH: black pepper, cayenne pepper 0.50 tsp
- ☐ EACH: dried basil and dried thyme 0.50 tsp
- ☐ EACH: garlic powder, onion powder, cumin, ground mustard, dried oregano 1 tsp
- ☐ flour 1.67 cups
- ☐ fresh ground ginger 1 tsp
- ☐ garlic powder 1 tsp
- ☐ Italian seasoning 1 tsp
- ☐ kosher salt 2 tsp
- ☐ pepper 0.75 tsp
- ☐ Pinch of red pepper flakes
- ☐ salt 4 tsp
- ☐ salt and pepper to taste
- ☐ smoked paprika 1 tsp
1 tbsp

Beverages

- ☐ full-fat coconut milk 1 cup
- ☐ water 0.25 cup

Canned Goods

- ☐ can crushed tomatoes 1 oz
- ☐ can full fat coconut milk 1 (13.6 ounce)
- ☐ cans white cannellini beans 2 (15-ounce) cans

Condiments

- ☐ Your favorite BBQ sauce to taste

Dairy

- ☐ cream cheese 4 oz
- ☐ feta cheese 4 oz
- ☐ large egg 5
- ☐ milk 1.67 cups
- ☐ Parmesan
- ☐ plain greek yogurt 1.25 cups

Meat/Fish

<input type="checkbox"/> beef chuck	2.50 lb
<input type="checkbox"/> boneless chicken breast	-0.50 lb
<input type="checkbox"/> boneless pork shoulder	4 lb
<input type="checkbox"/> boneless skinless chicken breasts	1 lb
<input type="checkbox"/> ground turkey	1 lb
<input type="checkbox"/> salmon fillets	4 (5-6 ounce)

Optional Toppings

- ☐ For sandwiches: buns, coleslaw, and pickles
- ☐ Toppings: Balsamic glaze, fresh chopped parsley or dill
- ☐ Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

<input type="checkbox"/> bay leaves	2
<input type="checkbox"/> chicken broth	2.25 cups
<input type="checkbox"/> chicken stock/broth	1 cup
<input type="checkbox"/> corn starch or tapioca starch dissolved in 1 Tablespoon of water	1 tbsp
<input type="checkbox"/> ghee or coconut oil	4 tbsp
<input type="checkbox"/> Gluten free option: 16 ounces desired gluten free pasta or polenta	
<input type="checkbox"/> honey	2 tbsp
<input type="checkbox"/> olive oil	0.33 cup
	4 tbsp
	1 tsp
<input type="checkbox"/> pappardelle pasta	16 oz
<input type="checkbox"/> red wine vinegar	3 tbsp
<input type="checkbox"/> reduced sodium beef broth	0.50 cup
<input type="checkbox"/> sesame oil	2 tsp
<input type="checkbox"/> soy sauce, tamari, or coconut aminos	0.33 cup
<input type="checkbox"/> tomato paste	3 tbsp
<input type="checkbox"/> uncooked long grain white rice	1 cup
<input type="checkbox"/> vanilla protein powder	5 scoop

Produce

<input type="checkbox"/> asparagus	1.50 lb
<input type="checkbox"/> avocado	1
<input type="checkbox"/> carrot	1
<input type="checkbox"/> chopped broccoli	1 cup
<input type="checkbox"/> Chopped parsley to garnish	
<input type="checkbox"/> corn	1 (15-ounce) can
<input type="checkbox"/> English Cucumber	1
<input type="checkbox"/> fresh dill	4 tbsp
<input type="checkbox"/> fresh parsley	2 tbsp
<input type="checkbox"/> garlic	10 cloves
<input type="checkbox"/> garlic cloves	10
<input type="checkbox"/> juice from 1 lemon	
<input type="checkbox"/> Juice from 1/2 lemon	

<input type="checkbox"/> medium yellow onion	1.50
<input type="checkbox"/> oregano	1 tsp
<input type="checkbox"/> red onion	0.25 cup
<input type="checkbox"/> red pepper	1
<input type="checkbox"/> roma tomato	1
<input type="checkbox"/> shredded carrots	1 cup
<input type="checkbox"/> sprigs fresh thyme	2
<input type="checkbox"/> stalk celery	1
<input type="checkbox"/> Whole30 option: serve with zucchini	
<input type="checkbox"/> yellow onion	1 medium