

## Shopping List

- ☐ hardboiled eggs 7.50
- ☐ Toppings to taste
- ☐ Toppings: Everything bagel seasoning and Mike's hot honey
- ☐ white beans 2 (15-ounce) cans

### Baking/Spices

- ☐ black pepper 0.75 tsp
- ☐ cayenne pepper 0.25 tsp
- ☐ chili powder 1 tsp
- ☐ crushed red pepper flakes 0.50 tsp
- ☐ dried chives 3.50 tsp
- ☐ dried dill 1 tsp
- ☐ dried thyme 1 tsp
- ☐ EACH: dried dill, onion powder, paprika, and kosher salt 1 tsp
- ☐ garlic powder 7 tsp
- ☐ Italian seasoning 1 clove
- ☐ kosher salt 2 tsp
- ☐ OR 1 tablespoon cajun seasoning 2.50 tsp
- ☐ paprika 1 tsp
- ☐ salt 1.25 tsp
- ☐ salt and pepper
- ☐ salt and pepper to taste
- ☐ smoked paprika 2 tsp
- ☐ tapioca flour 1 tbsp

### Canned Goods

- ☐ can fire roasted tomatoes 14.50 oz
- ☐ fire-roasted tomatoes 2 (15-ounce) can
- ☐ full fat unsweetened coconut cream 1 cup

### Condiments

- ☐ buffalo or hot sauce 1 cup
- ☐ dijon mustard 3 tsp
- ☐ hot sauce (we used Frank's Red Hot) 0.75 cup

### Dairy

- ☐ cream cheese 8 oz
- ☐ crumbled goat cheese 4 oz
- ☐ Nutritional yeast or parmesan cheese 0.25 cup
- ☐ yogurt 0.75 cup

### Meat/Fish

- ☐ boneless skinless chicken breast 1 lb
- ☐ boneless skinless chicken thighs 1.50 lb
- ☐ chicken breasts 1.50 lb
- ☐ cooked shredded chicken breast or rotisserie chicken 1.50 lb
- ☐ hot or regular Italian sausage 1 lb

- ☐ package chicken sausage 1 (12 ounce)
- ☐ pre-cooked smoked sausage cut into slices 14 oz
- ☐ (look for no sugar added)

### Pantry

- ☐ apple cider vinegar 0.25 cup
- ☐ avocado oil 5 tsp
- ☐ chicken broth or bone broth 2 cups
- ☐ chicken stock or broth 4 cups
- ☐ chopped walnuts 0.33 cup
- ☐ coconut cream 0.50 cup
- ☐ coconut cream or Greek Yogurt 1 cup
- ☐ dates 5
- ☐ extra virgin olive oil 0.67 cup
- ☐ ghee, coconut oil or olive oil 2 tbsp
- ☐ gluten free penne 10 oz
- ☐ gluten free penne pasta 12 oz
- ☐ Harissa paste 2 tbsp
- ☐ honey 1 tbsp
- ☐ low sodium chicken or bone broth 3.50 cups
- ☐ maple syrup 2 tbsp
- ☐ of bread 5 slices
- ☐ olive oil 2 tbsp
- ☐ olive oil or avocado oil 0.25 cup
- ☐ olive oil 1 tbsp
- ☐ paleo mayo 1 cup
- ☐ reduced sodium chicken broth 6 cups

### Produce

- ☐ asparagus 1 lb
- ☐ avocado 3.50
- ☐ brussels sprouts 1 lb
- ☐ Chopped cilantro 0.25 cup
- ☐ Chopped parsley or green onion
- ☐ fresh lemon juice 2 tbsp
- ☐ Fresh parsley for topping
- ☐ garlic 6 cloves
- ☐ garlic minced 2 cloves
- ☐ honeycrisp apple 1
- ☐ juice from 1 lemon
- ☐ Juice from 1/2 a lemon
- ☐ kale 4 cups
- ☐ lemon juice 3 tbsp
- ☐ medium russet potatoes 4
- ☐ medium yellow onion 2
- ☐ medium zucchini 4
- ☐ onion powder 0.50 tsp
- ☐ oregano 1 tsp
- ☐ packed fresh cilantro 0.25 cup
- ☐ Zest from 1 lemon