

## Shopping List

- ☐ Bread, lettuce cups, veggies, or toast for serving.
- ☐ chopped green onion 0.25 cup
- ☐ corn, flour, or grain-free tortillas 12
- ☐ oil from sun dried tomatoes 2 tbsp
- ☐ parmesan rind 1
- ☐ red grapes 1 cup
- ☐ rotisserie chicken 1 lb
- Toppings: diced red onion, chopped cila
- ☐ ntro, sesame seeds, sliced avocado, or ki mchee

### Baking/Spices

- ☐ black pepper 1.75 tsp
- ☐ dried dill 0.50 tsp
- ☐ everything bagel seasoning 2 tbsp
- ☐ fresh ground ginger 2 tsp
- ☐ Italian seasoning 2 tsp
- ☐ kosher salt 3 tsp
- ☐ kosher salt, garlic powder 1 teaspoon EACH:
- ☐ red pepper flakes 0.50 tsp
- ☐ salt 1 tsp
- ☐ salt and pepper to taste
- ☐ tapioca flour 1 tbsp

### Canned Goods

- ☐ water chestnuts 1 (8 ounce) can

### Condiments

- ☐ dijon mustard 2 tsp
- ☐ sriracha 3 tsp
- 1 tbsp

### Dairy

- ☐ cottage cheese 1.50 cups
- ☐ heavy cream 0.75 cup
- ☐ large eggs 9
- ☐ melted unsalted butter or vegan butter 3 tbsp
- ☐ Nutritional yeast or parmesan cheese 0.25 cup
- ☐ parmesan cheese 0.58 cup
- ☐ shredded cheddar cheese 0.50 cup
- ☐ sour cream 0.33 cup
- ☐ unsalted butter 2 tbsp

### Meat/Fish

- ☐ chicken breasts 1.50 lb
- ☐ chuck roast 2.50 lb
- ☐ ground pork 1 lb
- ☐ package chicken sausage 1 (12 ounce)
- ☐ salmon filets 4 (5-6 ounce)

## Optional Toppings

- ☐ Topping: green onions, cilantro and crushed peanuts

## Pantry

- ☐ chicken broth 6 cups
- ☐ coconut aminos 5 tbsp
- ☐ coconut aminos or low sodium soy sauce 0.50 cup
- ☐ ghee, coconut oil or olive oil 2 tbsp
- ☐ gluten free penne 10 oz
- ☐ gnocchi 12 oz
- ☐ honey 1 tbsp
- ☐ low sodium chicken or bone broth 2 tsp
- ☐ low sodium chicken or bone broth 3.50 cups
- ☐ mayo 1.25 cups
- ☐ mayonnaise 2 tbsp
- ☐ nut butter 3 tbsp
- ☐ olive oil 4 tbsp
- ☐ plain bread crumbs or Panko bread crumbs 2 tsp
- ☐ plain bread crumbs or Panko bread crumbs 0.33 cup
- ☐ pure maple syrup 1 tbsp
- ☐ rice wine vinegar 1 tbsp
- ☐ sesame oil 1 tsp
- ☐ sun dried tomatoes 1 (8-ounce) jar
- ☐ tomato paste 4 tbsp

## Produce

- ☐ asparagus 1 lb
- ☐ baby spinach 5 cups
- ☐ baby yukon gold potatoes 1 lb
- ☐ Butter lettuce leaves for serving
- ☐ carrots 1 lb
- ☐ fresh chopped dill 2 tbsp
- ☐ fresh dill 3 tbsp
- ☐ fresh ginger grated 1 tbsp
- ☐ fresh parsley 0.25 cup
- ☐ Fresh parsley for topping
- ☐ garlic 9 cloves
- ☐ garlic cloves 3
- ☐ juice from 1 lemon
- ☐ Juice from 1/2 lemon
- ☐ lemon juice 2 tbsp
- ☐ lime juice 2 tsp
- ☐ medium yellow onion 1
- ☐ minced garlic. 6 cloves
- ☐ red bell pepper 1
- ☐ red pepper 1
- ☐ shredded carrots 1 cup
- ☐ small red onion 1
- ☐ small yellow onion 2
- ☐ spinach 2 cups

- ☐ stalks celery
- ☐ Zest from 1 lemon
- ☐ Zest from 1/2 lemon