

## Shopping List

- Balsamic glaze to taste
- sliced almond 10 tbsp

### Baking/Spices

- + 2 tablespoons all-purpose flour 0.33 cup
- all purpose flour 3 tbsp
- black pepper 1 tsp
- Black pepper to taste
- chili powder 1.50 tsp
- cinnamon 1.25 tsp
- coconut sugar or brown sugar 1 tbsp
- cornstarch or tapioca flour 1 tsp
- dried dill 1 tsp
- EACH: chili powder and onion powder 0.50 tsp
- EACH: garlic powder and kosher salt 1 tsp
- EACH: garlic powder and onion powder 0.50 tsp
- EACH: smoked paprika and kosher salt 1 tsp
- fresh chopped rosemary 2 tsp
- fresh chopped thyme 1 tbsp
- fresh chopped thyme 2 tbsp
- garlic powder 1.50 tsp
- Italian seasoning 1.50 tsp
- kosher salt 4 tsp
- of red pepper flakes Pinch
- of salt Pinch
- paprika 2 tsp
- pepper 0.25 tsp
- red chili flakes 0.50 tsp
- salt and pepper to taste
- smoked paprika 1.50 tsp

### Canned Goods

- tomato sauce 1 cup

### Condiments

- brown or yellow mustard 1 tsp
- buffalo sauce 1 cup

### Dairy

- blue cheese crumbles or shredded cheddar cheese 4 oz
- cottage cheese 7.50 cups
- grated parmesan cheese 0.50 cup
- heavy cream 1 cup
- large eggs 2
- plain greek yogurt, coconut cream or sour cream 0.50 cup
- shredded gruyere, mozzarella or white cheddar cheese 1.50 cups
- shredded low moisture mozzarella cheese 1 cup

- unsalted butter 3 tbsp
- unsalted butter or olive oil 4 tbsp

### Meat/Fish

- boneless skinless chicken breasts 4 (4-5 ounce)
- chicken breasts 4 (4-5 ounce)
- chicken tenders 1 lb
- ground beef 1.50 lb
- of bacon 1 lb
- pork chops 8 slices
- 4

### Optional Toppings

- Fresh basil, fresh thyme, ricotta cheese and/or crusty bread for serving

### Pantry

- chia seeds 5 tbsp
- chicken broth 1.50 cups
- coconut aminos or Worcestershire sauce 1 tbsp
- coconut oil 1 tbsp
- crushed corn flakes 2 cups
- dry white wine or chicken broth 1 cup
- Hamburger buns or roasted sweet potatoes 4
- honey 1 tbsp
- 5 tsp
- Lasagna noodles 6 oz
- low sodium chicken broth 6 cups
- maple syrup 3 tbsp
- milk or almond milk 0.33 cup
- nut butter 5 tbsp
- olive oil 2 tbsp
- olive oil or avocado oil 1 tbsp
- pure maple syrup 2 tbsp
- red wine vinegar or apple cider vinegar 1 tbsp
- Sliced sourdough or french baguette for serving
- tomato paste 0.25 cup

### Produce

- avocado 2.50
- avocados 2
- celery ribs 3
- cherry tomatoes
- chopped chives 2 tsp
- 1 tbsp
- chopped parsley 1 tbsp
- cloves minced garlic 2
- fresh baby spinach 4 cups
- fresh thyme 2 tsp
- garlic 1 clove
- 4 cloves

<input type="checkbox"/> green onion	5
<input type="checkbox"/> heads Romaine lettuce	2
<input type="checkbox"/> large apple (or 2 small apples)	1
<input type="checkbox"/> large sweet potatoes	3
<input type="checkbox"/> lemon juice	1 tbsp
<input type="checkbox"/> medium avocado	1
<input type="checkbox"/> medium sweet potatoes	4
<input type="checkbox"/> medium yellow onion	2
<input type="checkbox"/> minced garlic.	4 cloves
<input type="checkbox"/> onion powder	0.50 tsp
<input type="checkbox"/> raspberries	1.25 cups
<input type="checkbox"/> red or green bell pepper	1
<input type="checkbox"/> shredded cabbage or coleslaw	1 cup
<input type="checkbox"/> shredded carrots	0.50 cup
<input type="checkbox"/> sweet yellow onions	3 medium
<input type="checkbox"/> thinly sliced green onions	3
<input type="checkbox"/> thinly sliced red onion	0.50