

Shopping List

- 15 ounce can full fat coconut milk 1
- Basil for serving
- bread 8 slices
- flax meal 4 tbsp
- fresh or frozen corn 1 cup
- gloves garlic 3
- Toppings as desired: Butter, maple syrup, almond butter, berries

Baking/Spices

- bay leaf 1
- black pepper 1 tsp
- cinnamon 1 tsp
- crushed red pepper flakes optional 0.50 tsp
- garlic powder 2 tsp
- Italian seasoning 2 tsp
- kosher salt 1 tbsp
- kosher salt 4.50 tsp
- kosher salt Pinch
- kosher salt Pinch
- kosher salt of red pepper flakes Pinch
- Red chili flakes or Korean chili crunch to taste
- red pepper flakes 0.50 tsp
- salt 2.50 tsp
- Sesame seeds 2 tbsp
- smoked paprika 1 tsp
- vanilla extract 1 tbsp
- vanilla extract 1 tsp

Beverages

- full-fat coconut milk 1 cup
- water 2 cups

Canned Goods

- 15 ounce can tomato sauce 1
- can diced tomatoes 1 (14.5-ounce)
- can full fat coconut milk 1
- can green beans 1 (14.5 ounce)
- can white beans 1 (15-ounce)

Condiments

- spicy brown mustard 3 tsp
- sriracha 1 tsp
- Sriracha or buffalo sauce 2 tbsp
- Sriracha or buffalo sauce 2 tbsp

Dairy

- Freshly grated parmesan cheese for topping
- heavy cream, coconut cream, or cashew cream 1 cup

- large egg whites 6
- large eggs 2
- milk 1 cup
- sour cream 0.25 cup
- unsalted butter, coconut oil, or vegan butter 1 tbsp

Meat/Fish

- boneless skinless chicken breasts 2 lb
- ground beef 1 lb
- ground turkey 1 lb
- Italian chicken sausage 12 ounces (4 links)
- large shrimp 1 lb
- skin on salmon filet 4 (4-6 ounce)

Optional Toppings

- Parmesan cheese and parsley for topping
- Toppings: green onion and sesame seeds and spicy mayo

Pantry

- apple cider vinegar 0.33 cup
- basmati or long grain white rice 2 cups
- carton chicken broth or vegetable broth 1 (32-ounce)
- coconut aminos or low sodium soy sauce 3 tbsp
- honey 5 tbsp
- jasmine rice 1 cup
- maple syrup 3 tbsp
- Marinara sauce 24 oz
- mayo 0.75 cup
- olive oil 8 tbsp
- olive oil or avocado oil 2 tbsp
- Panko breadcrumbs 0.25 cup
- penne pasta 12 oz
- rice vinegar or apple cider vinegar 2 tsp
- sesame oil 3 tbsp
- tamari or coconut aminos 0.33 cup
- tomato paste 9 tbsp
- vanilla protein powder 0.50 cup

Produce

- avocados 2
- baby potatoes 6
- broccoli florets (1 large head of broccoli) 3 cups
- carrots 4
- Chopped cilantro 2 tbsp
- English Cucumber 1
- Fresh basil, parsley, or thyme to garnish
- fresh grated ginger 3 tsp
- fresh green beans 1 lb
- lemon juice 2 tbsp
- lime juice 2 tbsp

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| <input type="checkbox"/> medium yellow onion | 1 |
| <input type="checkbox"/> minced garlic. | 17 cloves |
| <input type="checkbox"/> onion powder | 2 tsp |
| <input type="checkbox"/> red bell pepper | 1 |
| <input type="checkbox"/> scallions | 4 |
| <input type="checkbox"/> shallot | 1 |
| <input type="checkbox"/> stalks celery | 3 |
| <input type="checkbox"/> thinly sliced red onion | 0.25 cup |