

Shopping List

<input type="checkbox"/> chia seeds or flax meal	5 tbsp
<input type="checkbox"/> frozen blueberries	1.67 cups
<input type="checkbox"/> frozen raspberries	1.67 cups
<input type="checkbox"/> scoop vanilla protein powder	5
<input type="checkbox"/> Toppings to taste	
<input type="checkbox"/> white beans	2 (15-ounce) cans
<input type="checkbox"/> Worcestershire	1 tsp

Baking/Spices

<input type="checkbox"/> black pepper	0.25 tsp
<input type="checkbox"/> chili powder	3 tsp
<input type="checkbox"/> cinnamon	2.50 tsp
<input type="checkbox"/> coconut sugar	2 tbsp
<input type="checkbox"/> cornstarch	2 tsp
<input type="checkbox"/> dried chives	2 tsp
<input type="checkbox"/> EACH: black pepper, cayenne pepper	0.50 tsp
<input type="checkbox"/> EACH: dried dill, onion powder, paprika, and kosher salt	1 tsp
<input type="checkbox"/> EACH: garlic powder, onion powder, cumin, ground mustard, dried oregano	1 tsp
<input type="checkbox"/> EACH: paprika	1 tsp
<input type="checkbox"/> fresh cracked black pepper	0.50 tsp
<input type="checkbox"/> Fresh cracked black pepper to taste	
<input type="checkbox"/> fresh ground ginger	1 tsp
<input type="checkbox"/> garlic powder	7.50 tsp
<input type="checkbox"/> Italian seasoning	1 tsp
<input type="checkbox"/> kosher salt	4 tsp
<input type="checkbox"/> Pinch of red pepper flakes	
<input type="checkbox"/> red chili flakes	0.25 tsp
<input type="checkbox"/> salt	3.50 tsp
<input type="checkbox"/> seasoning salt	3 tsp
<input type="checkbox"/> smoked paprika	1 tsp
	1 tbsp

Beverages

<input type="checkbox"/> water	0.25 cup
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Canned Goods

<input type="checkbox"/> can full fat coconut milk	1 (13.6 ounce)
<input type="checkbox"/> fire-roasted tomatoes	2 (15-ounce) can

Condiments

<input type="checkbox"/> buffalo or hot sauce	1 cup
<input type="checkbox"/> ketchup	2 tbsp
<input type="checkbox"/> sriracha or BBQ sauce	2 tsp
<input type="checkbox"/> Your favorite BBQ sauce to taste	

Dairy

<input type="checkbox"/> cream cheese	8 oz
<input type="checkbox"/> Crumbled feta or Crazy feta to taste	

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| <input type="checkbox"/> grated parmesan cheese | 0.33 cup |
| <input type="checkbox"/> milk | 2.50 cups |

Meat/Fish

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| <input type="checkbox"/> boneless pork shoulder | 4 lb |
| <input type="checkbox"/> boneless skinless chicken thighs | 1.50 lb |
| <input type="checkbox"/> chicken breasts | 1.50 lb |
| <input type="checkbox"/> ground chuck 80% lean | 1.50 lb |
| <input type="checkbox"/> ground turkey | 1 lb |
| <input type="checkbox"/> salmon filets | 4 (6-ounce) |

Optional Toppings

- ☐ For sandwiches: buns, coleslaw, and pickles
- ☐ Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

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| <input type="checkbox"/> chicken stock or broth | 4 cups |
| <input type="checkbox"/> chicken stock/broth | 1 cup |
| <input type="checkbox"/> cooked Basmati rice | 2 cups |
| <input type="checkbox"/> corn starch or tapioca starch dissolved in 1 Tablespoon of water | 1 tbsp |
| <input type="checkbox"/> Dill pickles to taste | |
| <input type="checkbox"/> good quality extra virgin olive oil | 0.25 cup |
| <input type="checkbox"/> Harissa paste | 4 tbsp |
| <input type="checkbox"/> honey | 6 tbsp |
| <input type="checkbox"/> low sodium soy sauce or coconut aminos | 0.33 cup |
| <input type="checkbox"/> mayonnaise | 0.50 cup |
| <input type="checkbox"/> nut butter | 5 tbsp |
| <input type="checkbox"/> olive oil | 11 tbsp |
| <input type="checkbox"/> Pickled red onions to taste | |
| <input type="checkbox"/> Pita Chips | |
| <input type="checkbox"/> sesame oil | 2 tsp |
| <input type="checkbox"/> soy sauce, tamari, or coconut aminos | 0.33 cup |
| <input type="checkbox"/> uncooked long grain white rice | 1 cup |

Produce

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| <input type="checkbox"/> avocado | 1 |
| <input type="checkbox"/> broccoli florets | 1 lb |
| <input type="checkbox"/> cherry or grape tomatoes | 1 cup |
| <input type="checkbox"/> chopped broccoli | 1 cup |
| <input type="checkbox"/> Chopped cilantro | 0.25 cup |
| <input type="checkbox"/> Chopped green onion or parsley for serving | |
| <input type="checkbox"/> chopped romaine or butter lettuce | 4 cups |
| <input type="checkbox"/> cloves garlic | 2 |
| <input type="checkbox"/> fresh chopped parsley for topping | |
| <input type="checkbox"/> garlic | 9 cloves |
| | 1 clove |
| <input type="checkbox"/> garlic cloves | 2 |
| <input type="checkbox"/> Hummus to taste | |

<input type="checkbox"/> Juice from 1/2 a lemon	
<input type="checkbox"/> large sweet potatoes	2
<input type="checkbox"/> lemon juice	2 tbsp
<input type="checkbox"/> lemon juice (juice from 1 lemon)	0.25 cup
<input type="checkbox"/> Marinated cucumbers and tomatoes	
<input type="checkbox"/> medium carrots	8
<input type="checkbox"/> medium yellow onion	0.50
<input type="checkbox"/> minced shallot	0.50
<input type="checkbox"/> Mixed salad greens + olive oil to taste	
<input type="checkbox"/> onion powder	0.50 tsp
<input type="checkbox"/> red onion	0.50
<input type="checkbox"/> red pepper	1
<input type="checkbox"/> ripe avocado	1
<input type="checkbox"/> shredded carrots	1 cup