

Shopping List

- ☐ flax meal 5 tbsp
- ☐ maple syrup or stevia 5 tbsp
- ☐ Toppings after baking: nut butter
- ☐ Toppings before baking: raspberries

Baking/Spices

- ☐ baking powder 3.75 tsp
- ☐ brown sugar or coconut sugar 1 tbsp
- ☐ flour 1.67 cups
- ☐ fresh chopped thyme 1 tbsp
- ☐ fresh cracked black pepper 0.25 tsp
- ☐ garlic powder 2 tsp
- ☐ ground ginger 1 tsp
- ☐ Italian seasoning 4.50 tsp
- ☐ kosher salt 3.50 tsp
- ☐ Kosher salt and black pepper to taste
- ☐ package taco seasoning 1 (1-ounce)
- ☐ paprika 1 tsp
- ☐ pepper 0.50 tsp
- ☐ Pinch of red pepper flakes
- ☐ red pepper flakes 0.25 tsp
- ☐ salt 1.50 tsp
- ☐ Salt & pepper to taste

Beverages

- ☐ 100% pineapple juice 0.25 cup
- ☐ water 1 cup

Canned Goods

- ☐ (15 ounce) can diced tomatoes 1
- ☐ black beans 1 cup
- ☐ can diced tomatoes 1 14.5-ounce
- ☐ can full fat coconut milk 1 (13.5 ounce)
- ☐ can pineapple chunks in 100% pineapple juice 1 (20 ounce)
- ☐ can tomato sauce 1 15-ounce
- ☐ canned corn 1 cup
- ☐ full-fat canned coconut milk 0.50 cup

Condiments

- ☐ dijon mustard 2 tsp

Dairy

- ☐ egg 1 large
- ☐ finely grated parmesan cheese or nutritional yeast (for dairy-free option) 0.50 cup
- ☐ grated parmesan cheese or nutritional yeast 0.33 cup
- ☐ large egg 5
- ☐ milk 1.67 cups
- ☐ of milk 2 tbsp

- ☐ parmesan rind (the end of the parmesan wedge) 1
- ☐ plain greek yogurt 1.25 cups
- ☐ shredded cheddar cheese or vegan cheese 1 cup
- ☐ shredded parmesan 0.50 cup
- ☐ shredded romaine 8 cups

Meat/Fish

- ☐ boneless skinless chicken thighs 1.50 lb
- ☐ chicken breasts, pounded to an even thickness 4 (5-6 ounce)
- ☐ ground beef 2 lb
- ☐ lean ground beef 1 lb
- ☐ salmon filets 4 (4-ounce)

Optional Toppings

- ☐ To garnish: cilantro, chopped cashews or toasted coconut
- ☐ Toppings: fresh chopped cilantro, lime juice, red onion, cheddar cheese, jalapeno, black olives, avocado
- ☐ Toppings: parmesan cheese, fresh basil and/or parsley

Pantry

- ☐ almond milk or whole milk 0.25 cup
- ☐ basil pesto 0.25 cup
- ☐ coconut aminos 0.50 cup
- ☐ coconut aminos or Worcestershire sauce 1 tbsp
- ☐ dry uncooked fusilli pasta or other short cut pasta 1.50 cups
- ☐ honey 2 tbsp
- ☐ mayo 0.50 cup
- ☐ mild salsa 1 cup
- ☐ beef stock 4 cups
- ☐ olive 2 tbsp
- ☐ olive oil 10 tbsp
- ☐ olive oil or avocado oil 1 tbsp
- ☐ Panko bread crumbs 0.50 cup
- ☐ sesame oil 2 tsp
- ☐ shortcut pasta (Rotini, shell pasta, etc.) 12 oz
- ☐ torn sourdough bread 2 cups
- ☐ uncooked jasmine rice 1.50 cups
- ☐ uncooked white or brown rice 1 cup
- ☐ vanilla protein powder 5 scoop
- ☐ water or beef broth 2.50 cups
- ☐ Worcestershire sauce or coconut aminos 2 tsp

Produce

- ☐ avocados 1
- ☐ bell peppers 6
- ☐ celery ribs 2

<input type="checkbox"/> cherry tomatoes	1 cup
<input type="checkbox"/> Fresh chopped basil	2 tbsp
<input type="checkbox"/> fresh packed spinach	3 cups
<input type="checkbox"/> fresh thyme leaves	2 tsp
<input type="checkbox"/> garlic	9 cloves
<input type="checkbox"/> garlic minced	2 cloves
<input type="checkbox"/> lemon juice	2 tbsp
<input type="checkbox"/> medium carrots	3
<input type="checkbox"/> medium yellow onion	1
<input type="checkbox"/> minced garlic cloves or 1 teaspoon garlic powder	2
<input type="checkbox"/> minced garlic.	2 cloves
<input type="checkbox"/> onion powder	0.50 tsp
<input type="checkbox"/> small onion	1
<input type="checkbox"/> small yellow onion	1