

## Shopping List

- hardboiled eggs 7.50
- Toppings: Everything bagel seasoning and Mike's hot honey

### Baking/Spices

- black pepper 0.50 tsp
- cayenne pepper 0.50 tsp
- chili powder 4 tbsp
- cornstarch or tapioca starch 1 tsp
- cumin 1 tbsp
- dried oregano 2 tsp
- dried thyme 2 tsp
- EACH: dried basil and dried thyme 1 tsp
- EACH: paprika, garlic powder, and kosher salt 0.50 tsp
- fresh chopped cilantro 1 tsp
- garlic powder 0.50 tsp
- honey or brown sugar 1 tbsp
- Italian seasoning 1 tbsp
- kosher salt 1.50 tsp
- OR 1 tablespoon cajun seasoning 3.50 tsp
- pepper 0.25 tsp
- Pinch of red pepper flakes
- salt 0.75 tsp
- Salt and black pepper to taste
- salt and pepper to taste
- smoked paprika 4 tsp
- tapioca flour, arrowroot starch or cornstarch 2 tbsp

### Canned Goods

- can diced tomatoes 1 (28-ounce)
- can fire roasted tomatoes 14.50 oz
- can tomato sauce 1 (15-ounce)
- cans black beans 2 (15-ounce)

### Dairy

- feta cheese 4 oz

### Meat/Fish

- boneless skinless chicken breast 1 lb
- flank steak 4 lb
- ground beef 2 lb
- ground chicken 1 lb
- pre-cooked smoked sausage cut into slices (look for no sugar added) 14 oz
- salmon fillets 4 (5-6 ounce)

## Optional Toppings

- Garnish: Green onions, sesame seeds, or red pepper flakes
- To serve: White rice, brown rice, noodles, or lettuce cups
- Rice
- Toppings: Balsamic glaze, fresh chopped parsley or dill
- Toppings: cornbread, scallions, sour cream, shredded cheese, avocado, tortilla chips

## Pantry

- apple cider vinegar 2 tbsp
- avocado oil 5 tsp
- beef broth 1 cup
- chicken broth or bone broth 2 cups
- coconut cream 0.50 cup
- Corn Tortillas
- extra virgin olive oil 0.25 cup
- gluten free penne pasta 12 oz
- honey 1 tbsp
- low sodium soy sauce or coconut aminos 0.50 cup
- maple syrup or brown sugar 0.25 cup
- of bread 5 slices
- olive oil 0.33 cup
- red wine vinegar 5 tbsp
- rice vinegar 3 tbsp
- sesame oil 1 tbsp
- soy sauce 2 tbsp
- soy sauce 0.25 cup

## Produce

- avocado 3.50
- avocados 2
- bunch of baby bok choy 1
- cherry tomatoes 1 pt
- chopped broccoli florets 3 cups
- Chopped parsley or green onion
- cilantro 0.25 cup
- English Cucumber 2
- finely grated or chopped sweet potatoes 2 cups
- fresh dill 4 tbsp
- fresh grated ginger 0.50 tsp
- fresh parsley 2 tbsp
- fresh squeeze orange juice 0.25 cup
- fresh squeezed orange juice 0.25 cup
- garlic 7 cloves
- garlic cloves 4
- juice from 1 lemon
- large carrots 2
- large yellow onion 1

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|--|----------|
| <input type="checkbox"/> lime juice          | 5 tbsp   |
| <input type="checkbox"/> medium yellow onion | 1        |
| <input type="checkbox"/> minced garlic.      | 4 cloves |
| <input type="checkbox"/> onion powder        | 2 tsp    |
|  | 1 tbsp   |
| <input type="checkbox"/> oregano             | 1 tsp    |
| <input type="checkbox"/> red bell pepper     | 1        |
| <input type="checkbox"/> red onion           | 0.25 cup |
| <input type="checkbox"/> roma tomato         | 1        |
| <input type="checkbox"/> small red onion     | 0.50     |
| <input type="checkbox"/> snow peas           | 2 cups   |
| <input type="checkbox"/> white onion         |          |