

Shopping List

- chopped sun dried tomatoes 10 tbsp
- Lavash wrap 5
- Pepper to taste

Baking/Spices

- black pepper 0.75 tsp
- chili powder 1 tbsp
- dried chives 1.50 tsp
- dried dill 1 tsp
- EACH: garlic powder, paprika and onion powder 0.50 tsp
- garlic powder 4.25 tsp
- ground cumin 1 tsp
- Italian seasoning 2.50 tsp
- kosher salt 2.75 tsp
- paprika 1 tsp
- salt 1.50 tsp
- salt and pepper
- salt and pepper to taste
- smoked paprika 2 tsp
1 tbsp

Canned Goods

- 15 ounce can tomato sauce 1
- can crushed tomatoes 1 oz
- can fire roasted tomatoes 15 (1 can)
- can green chiles 4.50 (1 can)

Condiments

- dijon mustard 3 tsp
- hot sauce (we used Frank's Red Hot) 0.75 cup
- spicy brown mustard 3 tsp
- sriracha 1 tsp

Dairy

- crumbled feta cheese 15 tbsp
- crumbled goat cheese 4 oz
- large egg whites 20
- Parmesan
- shredded Mexican cheese or cashew queso* 1 cup

Meat/Fish

- beef chuck 2.50 lb
- boneless skinless chicken breasts 2 lb
- center cut salmon filets 4 (4-6 ounce)
- cooked shredded chicken breast or rotisserie chicken 1.50 lb
- ground beef 1 lb
- Kielbasa 12 oz

Optional Toppings

- For serving: coconut rice, cauliflower rice, toasted sesame seeds, fresh lime juice, cucumber salad (Note 3), and/or green onions

Pantry

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|---|----------|
| <input type="checkbox"/> apple cider vinegar | 0.58 cup |
| <input type="checkbox"/> avocado or olive oil | 2 tbsp |
| <input type="checkbox"/> bay leaves | 2 |
| <input type="checkbox"/> chopped walnuts | 0.33 cup |
| <input type="checkbox"/> coconut cream or Greek Yogurt | 1 cup |
| <input type="checkbox"/> dates | 5 |
| <input type="checkbox"/> extra virgin olive oil | 0.67 cup |
| <input type="checkbox"/> Gluten free option: 16 ounces desired gluten free pasta or polenta | |
| <input type="checkbox"/> maple syrup | 5 tbsp |
| <input type="checkbox"/> mayonnaise | 0.50 cup |
| <input type="checkbox"/> olive oil | 5 tbsp |
| | 1 tsp |
| <input type="checkbox"/> paleo mayo | 1 cup |
| <input type="checkbox"/> pappardelle pasta | 16 oz |
| <input type="checkbox"/> reduced sodium beef broth | 0.50 cup |
| <input type="checkbox"/> Thai sweet chili sauce | 3 tbsp |
| <input type="checkbox"/> tomato paste | 4 tbsp |

Produce

- | | |
|--|---------------------|
| <input type="checkbox"/> (2 large) sweet potatoes | 4 cups |
| <input type="checkbox"/> avocado | 1 |
| <input type="checkbox"/> baby spinach | 5 cups |
| <input type="checkbox"/> brussels sprouts | 1 lb |
| <input type="checkbox"/> carrot | 1 |
| <input type="checkbox"/> fresh lemon juice | 2 tbsp |
| <input type="checkbox"/> fresh thyme | 2 tbsp |
| <input type="checkbox"/> garlic | 3 cloves |
| <input type="checkbox"/> garlic cloves | 6 |
| <input type="checkbox"/> honeycrisp apple | 1 |
| <input type="checkbox"/> large butternut squash | 1 (3lb) |
| <input type="checkbox"/> lemon juice | 1 tbsp |
| <input type="checkbox"/> medium apples | 2 |
| <input type="checkbox"/> medium yellow onion | 2 |
| <input type="checkbox"/> medium zucchini | 4 |
| <input type="checkbox"/> onion powder | 2 tsp |
| <input type="checkbox"/> oregano | 0.25 tsp |
| <input type="checkbox"/> rosemary | 1 tbsp |
| <input type="checkbox"/> sprigs fresh thyme | 2 |
| <input type="checkbox"/> stalk celery | 1 |
| <input type="checkbox"/> Whole30 option: serve with zucchini | |
| <input type="checkbox"/> yellow onion | 0.75 cup (1 medium) |