

## Shopping List

- black eyed peas 1 (15-ounce) can
- flax meal 5 tbsp
- maple syrup or stevia 5 tbsp
- Salt, pepper, and red pepper flakes to taste
- Toppings after baking: nut butter
- Toppings as desired
- Toppings before baking: raspberries
- Worcestershire 1 tbsp

### Baking/Spices

- baking powder 3.75 tsp
- black pepper 0.25 tsp
- cayenne pepper 0.25 tsp
- chili powder 2 tsp
- dried thyme 1 tsp
- EACH: paprika, garlic powder, and kosher salt 1 tsp
- flour 1.67 cups
- fresh chopped rosemary 1 tbsp
- fresh chopped thyme 1 tbsp
- fresh ground ginger 2 tsp
- garlic powder 0.50 tsp
- Italian seasoning 2 tsp
- OR 1 tablespoon cajun seasoning
- package taco seasoning 1 (1-ounce)
- salt 0.25 tsp
- salt and pepper to taste
- smoked paprika 3 tsp
- tapioca flour, arrowroot starch or cornstarch 2 tbsp

### Canned Goods

- black beans 1 cup
- can fire roasted tomatoes 14.50 oz
- canned corn 1 cup
- Diced tomatoes 1 (14.5-ounce) can
- water chestnuts 1 (8 ounce) can

### Condiments

- sriracha 3 tsp

### Dairy

- large egg 5
- milk 1.67 cups
- plain greek yogurt 1.25 cups

### Meat/Fish

- boneless skinless chicken breast 1 lb
- chuck roast 2.50 lb
- ground beef 2 lb

- ground chicken 1 lb
- ground pork 1 lb
- lean ground beef 1 lb
- pre-cooked smoked sausage cut into slices (look for no sugar added) 14 oz

### Optional Toppings

- Topping: green onions, cilantro and crushed peanuts
- Toppings: fresh chopped cilantro, lime juice, red onion, cheddar cheese, jalapeno, black olives, avocado

### Pantry

- beef broth 4 cups
- beef broth or bone broth 1.25 cups
- chicken broth or bone broth 2 cups
- coconut aminos 5 tbsp
- coconut cream 0.50 cup
- gluten free penne pasta 12 oz
- honey 1 tbsp
- 2 tsp
- mild salsa 1 cup
- nut butter 3 tbsp
- olive oil 6 tbsp
- olive oil or coconut oil 2 tbsp
- rice wine vinegar 1 tbsp
- shortcut pasta (Rotini, shell pasta, etc.) 12 oz
- tomato paste 3 tbsp
- vanilla protein powder 5 scoop
- water or beef broth 2.50 cups

### Produce

- Bella mushrooms 8 oz
- Butter lettuce leaves for serving
- carrots 4
- celery 3 stalks
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- cherry tomatoes 1 cup
- Chopped parsley or green onion
- corn 1 (15-ounce) can
- finely grated or chopped sweet potatoes 2 cups
- garlic 8 cloves
- green beans 1 (14.5 -ounce) can
- medium carrots 4
- medium sweet potatoes 2
- medium yellow onion 4
- onion powder 2 tsp
- oregano 1 tsp
- red pepper 1
- shredded carrots 1 cup

- small yellow onion
- yukon gold potatoes

1  
1 lb