

Shopping List

- ☐ Bread, lettuce cups, veggies, or toast for serving.
- ☐ hardboiled eggs 3
- ☐ liquid smoke 0.50 tsp
- ☐ red grapes 1 cup
- ☐ rotisserie chicken 1 lb
- ☐ Toppings: Everything bagel seasoning and Mike's hot honey

Baking/Spices

- ☐ black pepper 1 tsp
- ☐ cayenne pepper 0.13 tsp
- ☐ chili powder 0.50 tsp
- ☐ coconut sugar 5 tbsp
- ☐ crushed red pepper flakes 0.50 tsp
- ☐ cumin 1 tsp
- ☐ dried oregano 2 tsp
- ☐ everything bagel seasoning 2 tbsp
- ☐ fresh chopped cilantro 2 tbsp
- ☐ garlic powder 2.50 tsp
- ☐ ground ginger 0.50 tsp
- ☐ Italian seasoning 2 tsp
- ☐ kosher salt 3 tsp
- ☐ salt 0.50 tsp
- ☐ salt and pepper
- ☐ salt and pepper to taste
- ☐ smoked paprika 1 tsp
- ☐ 2 tbsp
- ☐ tapioca flour 1 tbsp

Canned Goods

- ☐ can fire roasted corn 1 (15 ounce)
- ☐ full fat unsweetened coconut cream 1 cup

Condiments

- ☐ BBQ sauce 1 cup
- ☐ dijon mustard 5 tsp
- ☐ sriracha or red chili paste 1 tbsp

Dairy

- ☐ crumbled goat cheese 4 oz
- ☐ eggs 3
- ☐ Homemade creamy jalapeno ranch To serve:

Meat/Fish

- ☐ chicken breast 1 lb
- ☐ country style ribs 3 lb
- ☐ hot or regular Italian sausage 1 lb
- ☐ Kielbasa 12 oz
- ☐ raw shrimp 1 lb

Pantry

<input type="checkbox"/> apple cider vinegar	0.25 cup
<input type="checkbox"/> avocado oil	2 tsp
<input type="checkbox"/> chopped walnuts	0.33 cup
<input type="checkbox"/> creamy peanut butter	3 tbsp
<input type="checkbox"/> dates	5
<input type="checkbox"/> extra virgin olive oil	0.67 cup
<input type="checkbox"/> fish sauce	1 tbsp
<input type="checkbox"/> maple syrup	2 tbsp
<input type="checkbox"/> mayo	1 cup
<input type="checkbox"/> of bread	2 slices
<input type="checkbox"/> olive oil	2 tbsp
<input type="checkbox"/> olive oil or avocado oil	3 tbsp
<input type="checkbox"/> reduced sodium chicken broth	6 cups
<input type="checkbox"/> rice vinegar	2 tbsp
<input type="checkbox"/> sesame oil	2 tbsp
<input type="checkbox"/> soy sauce	0.25 cup
<input type="checkbox"/> unsalted peanuts	0.50 cup
<input type="checkbox"/> water or beef broth	1 cup
<input type="checkbox"/> wide rice noodle	8 oz

Produce

<input type="checkbox"/> avocado	2
<input type="checkbox"/> bean sprouts	2 cups
<input type="checkbox"/> brussels sprouts	1 lb
<input type="checkbox"/> Chopped cilantro	0.25 cup
<input type="checkbox"/> diced cherry tomatoes	0.50 cup
<input type="checkbox"/> Diced red onion	0.25 cup
<input type="checkbox"/> fresh lemon juice	2 tbsp
<input type="checkbox"/> fresh thyme	2 tbsp
<input type="checkbox"/> garlic	11 cloves
<input type="checkbox"/> green onions	2
<input type="checkbox"/> honeycrisp apple	1
<input type="checkbox"/> jalapeno	1
<input type="checkbox"/> Juice from 1/2 lemon	
<input type="checkbox"/> kale	4 cups
<input type="checkbox"/> large avocado	1
<input type="checkbox"/> large butternut squash	1 (3lb)
<input type="checkbox"/> lime juice	3 tbsp
<input type="checkbox"/> matchstick carrots	1 cup
<input type="checkbox"/> medium apples	2
<input type="checkbox"/> medium russet potatoes	4
<input type="checkbox"/> medium yellow onion	2
<input type="checkbox"/> onion powder	2 tsp
<input type="checkbox"/> red bell pepper	1
<input type="checkbox"/> rosemary	1 tbsp
<input type="checkbox"/> shallot	1
<input type="checkbox"/> small red onion	1
<input type="checkbox"/> stalks celery	3
<input type="checkbox"/> uncooked white rice	2 cups