

Shopping List

flax meal 5 tbsp

Baking/Spices

bay leaf 1
 black pepper 0.50 tsp
 chili powder 2.50 tsp
 coconut sugar or brown sugar 1 tbsp
 Crushed red pepper and cracked black pepper to taste
 fresh chopped rosemary 2 tsp
 fresh ground ginger 1 tsp
 garlic powder 2.50 tsp
 Italian seasoning 1 tbsp
 kosher salt 3 tsp
 of red pepper flakes 7 tsp
 paprika Pinch
 pepper 3 tsp
 Tajin 0.25 tsp
 2 tsp

Beverages

water 0.25 cup

Canned Goods

can diced tomatoes 1 (14.5-ounce)
 can full fat coconut milk 1 (13.6 ounce)
 can green beans 1 (14.5 ounce)
 can white beans 1 (15-ounce)

Dairy

Crumbled feta or Crazy feta to taste
 freshly grated parmesan cheese 0.25 cup
 milk 2.50 cups
 provolone cheese 8 slices

Frozen

frozen banana 5

Meat/Fish

4-6-ounce salmon filets 4
 boneless skinless chicken thighs 1.50 lb
 ground turkey 2 lb
 pork chops 4
 sliced ham 0.25 lb
 thinly sliced genoa salami 0.25 lb
 thinly sliced soprapsetta salami 0.25 lb

Optional Toppings

- Parmesan cheese and parsley for topping
- Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

- carton chicken broth or vegetable broth 1 (32-ounce)
- cooked Basmati rice 2 cups
- corn starch or tapioca starch dissolved in 1 Tablespoon of water 1 tbsp
- good quality extra virgin olive oil 0.25 cup
- Harissa paste 4 tbsp
- honey 3 tbsp
- maple syrup or brown sugar 1 tbsp
- mayonnaise 0.75 cup
- olive oil 11 tbsp
- peanut butter 5 tbsp
- pepperoncini liquid 0.25 cup
- Pickled red onions to taste
- Pita Chips
- red wine vinegar 1 tbsp
- scoop chocolate protein powder 5
- sesame oil 2 tsp
- sliced pepperoncini peppers 0.50 cup
- soy sauce or coconut aminos 2 tbsp
- soy sauce, tamari, or coconut aminos 0.33 cup
- tomato paste 3 tbsp
- uncooked long grain white rice 1 cup

Produce

- baby potatoes 6
- carrots 4
- cherry tomatoes 1 cup
- chopped broccoli 1 cup
- cloves garlic 2
- crushed garlic 2 cloves
- finely chopped cilantro 2 tbsp
- finely diced red onion 0.25 cup
- fresh lime juice 2 tbsp
- fresh thyme 2 tsp
- garlic 3 cloves
- garlic cloves 2
- head iceberg lettuce 0.50
- head romaine lettuce 1
- Hummus to taste
- jalapeno 0.50
- Juice from 1/2 a lemon
- large apple (or 2 small apples) 1
- large mango 1
- large ripe avocado 1
- large sweet potatoes 3
- lemon juice 2 tbsp

<input type="checkbox"/> lime juice	2 tbsp
<input type="checkbox"/> Marinated cucumbers and tomatoes	
<input type="checkbox"/> medium yellow onion	1.50
<input type="checkbox"/> minced garlic.	6 cloves
<input type="checkbox"/> Mixed salad greens + olive oil to taste	
<input type="checkbox"/> onion powder	0.50 tsp
<input type="checkbox"/> red bell pepper	0.50
<input type="checkbox"/> red pepper	1
<input type="checkbox"/> ripe avocado	1
<input type="checkbox"/> shredded carrots	1 cup
<input type="checkbox"/> small red onion	1
<input type="checkbox"/> stalks celery	3