

Shopping List

- American cheese 6 slices
- english muffins 6
- For serving: avocado
- frozen sausage patties 6
- oil from sun dried tomatoes 2 tbsp
- parmesan rind 1

Baking/Spices

- black pepper 0.50 tsp
- cayenne pepper 0.50 tsp
- corn or flour tortillas 12
- crushed red pepper flakes 0.50 tsp
- crushed red pepper flakes optional 0.50 tsp
- cumin 0.25 tsp
- EACH: dried oregano, onion powder, kosher salt and black pepper 1 tsp
- EACH: ground cumin, chili powder 2 tsp
- EACH: onion powder and kosher salt 0.50 tsp
- EACH: paprika, dried oregano, kosher salt 1 tsp
- EACH: smoked paprika, ground cumin, garlic powder 2 tsp
- fresh chopped rosemary 1 tbsp
- fresh chopped thyme 2 tsp
- fresh cracked black pepper 0.50 tsp
- Italian seasoning 4 tsp
- kosher salt 4 tsp
- Kosher salt and black pepper to taste
- kosher salt divided 1 tsp
- Red chili flakes or Korean chili crunch to taste
- red pepper flakes 0.50 tsp
- Sesame seeds 2 tbsp
- tapioca flour 1 tbsp

Beverages

- fresh cold water 0.67 cup
- full-fat coconut milk 1 cup
- water 0.75 cup

Canned Goods

- full fat unsweetened coconut cream 1 cup

Condiments

- Sriracha or buffalo sauce 2 tbsp

Dairy

- cottage cheese 1 cup
- heavy cream 0.75 cup
- large eggs 12
- milk 0.25 cup

- parmesan cheese 0.25 cup
- sour cream 0.25 cup
- unsalted butter 2 tbsp

Meat/Fish

- chicken breasts 1.50 lb
- chicken tenders 1.50 lb
- ground beef 1 lb
- hot or regular Italian sausage 1 lb
- italian sausage 1 lb
- pork tenderloin 1.50 lb

Pantry

- avocado oil, olive oil or butter* 2 tbsp
- chicken broth 6 cups
- coconut aminos or low sodium soy sauce 3 tbsp
- gnocchi 12 oz
- honey 3 tbsp
- jasmine rice 1 cup
- mayo 0.25 cup
- olive oil 5 tbsp
- olive oil or avocado oil 0.25
- olive oil or coconut oil 1 tbsp
- olive oil or coconut oil 2 tbsp
- Panko breadcrumbs 0.25 cup
- raw unsalted cashews 1 cup
- reduced sodium chicken broth 6 cups
- rice vinegar or apple cider vinegar 2 tsp
- sesame oil 1 tbsp
- sun dried tomatoes 1 (8-ounce) jar
- tomato paste 4 tbsp

Produce

- baby spinach 5 cups
- finely chopped cilantro 0.50 cup
- finely diced red onion 0.25 cup
- fresh chopped sage 1 tbsp
- fresh grated ginger 2 tsp
- fresh green beans 1 lb
- garlic 1 clove
- garlic 10 cloves
- grilled or steamed corn 2 cups
- jalapeno 0.50
- juice from 1 lime
- Juice from 2 limes
- kale 4 cups
- large acorn squash 3
- large apple 1
- large avocado 1
- large yellow onion 1
- medium russet potatoes 4
- medium yellow onion 1

minced garlic.

7 cloves

scallions

1 clove

small yellow onion

4

spinach

1

2 cups