

Shopping List

- Balsamic glaze to taste
- sliced almond 10 tbsp

Baking/Spices

- black pepper 0.75 tsp
- chili powder 1 tsp
- cinnamon 1.25 tsp
- crushed red pepper flakes 0.50 tsp
- cumin 2 tsp
- fresh ground ginger 1 tsp
- garlic powder 2 tsp
- ground mustard 0.50 tsp
- Italian seasoning 4 tsp
- kosher salt 3 tsp
- pepper 0.50 tsp
- poppy seeds 2 tsp
- salt 2.50 tsp
- Salt and black pepper to taste
- Salt and fresh cracked black pepper to taste
- salt and pepper to taste
- tapioca flour 1 tbsp

Beverages

- water 0.25 cup

Canned Goods

- can full fat coconut milk 1 (13.6 ounce)
- full fat unsweetened coconut cream 1 cup

Condiments

- dijon mustard 3 tbsp

Dairy

- buttermilk 2 tbsp
- cottage cheese 7.50 cups
- feta cheese 8 oz
- plain greek yogurt or mayonnaise 1 cup
- sour cream 0.33 cup

Meat/Fish

- bacon 10 slices
- bone-in 6
- boneless skinless chicken breast 1.50 lb
- ground turkey 1 lb
- hot or regular Italian sausage 1 lb
- pork tenderloin 2 lb
- sirloin steaks 1.50 lb

Optional Toppings

- Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

- balsamic vinegar 0.33 cup
- chia seeds 5 tbsp
- coconut oil 2 tbsp
- coconut oil or ghee divided 1 tbsp
- corn starch or tapioca starch dissolved in 1 Tablespoon of water 1 tbsp
- honey 4 tbsp
- honey or maple syrup 5 tsp
- light olive oil or avocado oil 2 tbsp
- light olive oil or avocado oil 0.50 cup
- maple syrup 2 tbsp
- mayonnaise 2 tbsp
- nut butter 5 tbsp
- olive oil 3 tbsp
- olive oil 0.75 cup
- olive oil or avocado oil 1 tbsp
- raw honey 2 tbsp
- raw unsalted pistachios 1 cup
- reduced sodium chicken broth 6 cups
- sesame oil 2 tsp
- short cut pasta such as rotini, fusilli, or bowtie 1 lb
- soy sauce or coconut aminos 0.25 cup
- soy sauce, tamari, or coconut aminos 0.33 cup
- uncooked long grain white rice 1 cup
- uncooked quinoa 1 cup
- white wine vinegar or champagne vinegar 0.25 cup

Produce

- (4 small-medium) yukon gold potatoes 1.50 lb
- avocado 2.50
- cherry tomatoes 2 cups
- chopped broccoli 1 cup
- chopped cilantro leaves 0.33 cup
- dried herbs or 1 Tablespoon fresh herbs 1 tsp
- For topping: fresh parsley
- Fresh chopped basil 0.25 cup
- fresh chopped chives 2 tbsp
- fresh chopped dill 1 tbsp
- garlic 9 cloves
- garlic cloves 8
- green onion 5
- kale 4 cups
- large ripe avocado 1
- lemon juice 1 tbsp
- lime juice 0.33 cup
- medium russet potatoes 4

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|---|-----------|
| <input type="checkbox"/> medium yellow onion | 1.50 |
| <input type="checkbox"/> minced garlic. | 3 cloves |
| <input type="checkbox"/> raspberries | 1.25 cups |
| <input type="checkbox"/> red onion | 1 medium |
| <input type="checkbox"/> red pepper | 1 |
| <input type="checkbox"/> rosemary | 2 tsp |
| <input type="checkbox"/> shredded carrots | 1 cup |
| <input type="checkbox"/> shredded kale | 1.50 cups |
| <input type="checkbox"/> shredded romaine lettuce or baby spinach | 3 cups |
| <input type="checkbox"/> h | |
| <input type="checkbox"/> small red onion | 0.50 |
| <input type="checkbox"/> strawberries | 2 cups |
| <input type="checkbox"/> thyme | 2 tsp |