

## Shopping List

- bread 8 slices
- Chopped green onion and sesame seeds for garnish
- flax meal 4 tbsp
- Toppings as desired: Butter, maple syrup, almond butter, berries

### Baking/Spices

- black pepper 0.75 tsp
- black pepper or to taste 0.13 tsp
- chili powder 0.50 tsp
- cinnamon 1.50 tsp
- corn or flour tortillas 12
- cumin 0.25 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
- fine grain sea salt 0.50 tsp
- garlic powder 1.50 tsp
- kosher salt 3.50 tsp
- Pinch
- Kosher salt and pepper to taste
- of red pepper flakes Pinch
- paprika 0.75 tsp
- pepper 0.13 tsp
- salt 1.25 tsp
- sea salt or to taste 0.25
- smoked paprika 2 tsp
- tapioca flour 0.50 tsp
- tapioca flour or arrowroot starch 2 tbsp
- vanilla extract 1 tsp

### Beverages

- fresh cold water 0.67 cup
- water 1.25 cups

### Canned Goods

- can full fat coconut milk 1

### Condiments

- dijon mustard 0.25 cup
- 2 tsp
- spicy brown mustard 1 tbsp

### Dairy

- eggs 2
- large egg whites 6
- large eggs 2
- milk 0.75 cup

- Nutritional yeast or parmesan cheese 0.25 cup
- shaved parmesan or feta cheese 0.33 cup

### Meat/Fish

- bone-in skin-on chicken thighs 1.50 lb
- boneless skinless chicken breast 1 lb
- chicken tenders 1 lb
- medium uncooked shrimp 1 lb
- package chicken sausage 1 (12 ounce)
- pork tenderloin 1.50 lb
- thick cut bacon 3 slices

### Optional Toppings

- To top: toasted unsweetened coconut and chopped cilantro

### Pantry

- balsamic vinegar 0.25 cup
- basmati or long grain white rice 2 cups
- canned full fat coconut milk 0.50 cup
- chicken broth or bone broth 1.75 cups
- coconut aminos or low sodium soy sauce 0.33 cup
- extra virgin olive oil 0.25 cup
- fresh thyme leaves or 1/2 teaspoon dried thyme 2 tsp
- ghee, coconut oil or olive oil 2 tbsp
- gluten free penne 10 oz
- gluten free rice cereal 2 cups
- honey 2 tbsp
- low sodium chicken or bone broth 0.25 cup
- low sodium chicken or bone broth 3.50 cups
- maple syrup or honey 2 tbsp
- medium apple 1
- nutritional yeast optional 2 tbsp
- of your favorite bbq sauce 0.33 cup
- olive oil 5 tbsp
- olive oil or avocado oil 0.25
- paleo mayonnaise 3 tbsp
- paleo mayonnaise 0.25 cup
- raw honey 0.25 cup
- raw unsalted cashews 1 cup
- raw unsalted pumpkin seeds 0.50 cup
- shredded curly kale 8 cups
- small dates 2
- uncooked quinoa 1 cup
- vanilla protein powder 0.50 cup
- white distilled vinegar or lemon juice 1 tbsp

### Produce

- asparagus 1 lb
- broccoli florets 3 cups
- broccoli florets 12 oz
- finely chopped cilantro 0.50 cup

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|---|-----------|
| <input type="checkbox"/> finely diced red onion         | 0.25 cup  |
| <input type="checkbox"/> fresh lemon juice              | 2 tsp     |
| <input type="checkbox"/> Fresh parsley for topping      |           |
| <input type="checkbox"/> garlic                         | 7 cloves  |
|   | 1 clove   |
| <input type="checkbox"/> grilled or steamed corn        | 2 cups    |
| <input type="checkbox"/> jalapeno                       | 0.50      |
| <input type="checkbox"/> juice from 1 lemon             |           |
| <input type="checkbox"/> juice from 1 lime              |           |
| <input type="checkbox"/> Juice from 2 limes             |           |
| <input type="checkbox"/> large avocado                  | 1         |
| <input type="checkbox"/> medium yellow onion chopped    | 1         |
| <input type="checkbox"/> minced garlic.                 | 10 cloves |
|   | 1 clove   |
| <input type="checkbox"/> peeled and grated fresh ginger | 1 tsp     |
| <input type="checkbox"/> small red onion                | 0.50      |
| <input type="checkbox"/> Zest from 1 lemon              |           |