

Shopping List

- chia seeds or flax meal 5 tbsp
- frozen blueberries 1.67 cups
- frozen raspberries 1.67 cups
- liquid smoke 0.50 tsp
- scoop vanilla protein powder 5

Baking/Spices

- + 2 tablespoons all-purpose flour 0.33 cup
- black pepper 0.75 tsp
- chili powder 1 tbsp
- cinnamon 3 tsp
- coconut sugar 4 tsp
- dried dill 2 tbsp
- dried oregano 1 tsp
- EACH: cumin and kosher salt 2.50 tsp
- EACH: garlic powder and onion powder 1 tsp
- EACH: garlic powder, onion powder, paprika 0.50 tsp
- EACH: smoked paprika and kosher salt 1 tsp
- flour or corn tortillas (Note 2) 8 6-inch
- fresh chopped cilantro
- fresh ground ginger 1 tsp
- garlic powder 3.50 tsp
- ground cumin 1.50 tsp
- Italian seasoning 1 tsp
- kosher salt 5.50 tsp
- salt 0.50 tsp
- smoked paprika 2 tbsp
- 1.50 tsp

Beverages

- water 0.25 cup

Canned Goods

- black beans 1 (15-ounce) can
- can full fat coconut milk 1 (13.6 ounce)
- Pickled red onion

Condiments

- BBQ sauce 1 cup
- buffalo sauce 1 cup

Dairy

- blue cheese crumbles or shredded cheddar cheese 4 oz
- fresh grated monterey jack or cheddar cheese 8 oz
- goat cheese 4 oz
- large eggs 2
- milk 2.50 cups

- plain greek yogurt, coconut cream or sour cream 0.50 cup
- Sour cream or plain Greek yogurt

Meat/Fish

- chicken tenders 1.50 lb
- country style ribs 3 lb
- ground pork (Note 1) 1 lb
- ground turkey 1 lb
- italian sausage 1 lb
- ribeye 1.50 lb

Optional Toppings

- Toppings: queso fresco, cotija cheese, avocado crema, sliced avocado, cilantro, pickled red onion
- Toppings: toasted panko, avocado, green onions, or sesame seeds

Pantry

- apple cider vinegar 3 tbsp
- cashew butter 0.25 cup
- corn starch or tapioca starch dissolved in 1 Tablespoon of water 1 tbsp
- crushed corn flakes 2 cups
- dried cranberries 0.25 cup
- granulated sugar, honey, or agave 1 tsp
- honey 5 tbsp
- honey or agavee 1 tbsp
- jar sun dried tomato 1 (8.5 ounce)
- milk or almond milk 0.33 cup
- nut butter 5 tbsp
- olive oil 12 tbsp
- packages gnocchi 2 (12 ounce)
- pecans 0.33 cup
- red wine vinegar 1 tbsp
- sesame oil 2 tsp
- sliced black olives
- soy sauce, tamari, or coconut aminos 0.33 cup
- Tortilla chips 1 (14-ounce) bag
- uncooked long grain white rice 1 cup
- water or beef broth 1 cup

Produce

- avocado
- avocados 2
- celery ribs 3
- chopped broccoli 1 cup
- chopped chives 2 tsp
- chopped parsley 1 tbsp
- Diced tomatoes or pico de gallo 1 tbsp
- Fresh chopped basil 2 tbsp

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|---|--------------|
| <input type="checkbox"/> fresh lime juice | |
| <input type="checkbox"/> fresh spinach | 2 cups |
| <input type="checkbox"/> garlic | 10 cloves |
| | 2 clove |
| <input type="checkbox"/> heads Romaine lettuce | 2 |
| <input type="checkbox"/> kale | 7 oz |
| <input type="checkbox"/> lemon juice | 1 tbsp |
| <input type="checkbox"/> lime juice | 2 Tablespons |
| | 2 tbsp |
| <input type="checkbox"/> medium avocado | 1 |
| <input type="checkbox"/> medium yellow onion | 0.50 |
| <input type="checkbox"/> minced garlic. | 2 cloves |
| <input type="checkbox"/> onion powder | 2.50 tsp |
| <input type="checkbox"/> red pepper | 1 |
| <input type="checkbox"/> shredded cabbage or coleslaw | 1 cup |
| <input type="checkbox"/> shredded carrots | 1.50 cups |
| <input type="checkbox"/> Sliced Jalapeno rounds | |
| <input type="checkbox"/> sweet potatoes | 2 large |
| <input type="checkbox"/> thinly sliced green onions | 3 |
| <input type="checkbox"/> thinly sliced red onion | 0.50 |
| | 1 cup |
| <input type="checkbox"/> yellow or red onion | 0.50 small |