

## Shopping List

- flax meal 5 tbsp
- maple syrup or stevia 5 tbsp
- pesto 0.50 cup
- Toppings after baking: nut butter
- Toppings before baking: raspberries
- Worcestershire 1 tsp

### Baking/Spices

- baking powder 3.75 tsp
- black pepper 0.50 tsp
- cornstarch or tapioca flour 1 tsp
- crushed red pepper flakes optional 0.50 tsp
- EACH: paprika 1 tsp
- everything bagel seasoning 0.25 cup
- flour 1.67 cups
- fresh chopped thyme 2 tbsp
- fresh cracked black pepper 0.50 tsp
- Fresh cracked black pepper to taste
- kosher salt 3.50 tsp
- Kosher salt to taste
- red chili flakes 0.50 tsp
- Red chili flakes or Korean chili crunch to taste
- salt and pepper to taste
- seasoning salt 3 tsp
- Sesame seeds 2 tbsp
- smoked paprika 0.50 tsp
- taco seasoning 2 tbsp

### Beverages

- full-fat coconut milk 1 cup
- pasta cooking water or dry white wine 0.33 cup
- water 2.25 cups

### Condiments

- dijon mustard 2 tbsp
- ketchup 2 tbsp
- sriracha or BBQ sauce 2 tsp
- Sriracha or buffalo sauce 2 tbsp

### Dairy

- large egg 5
- milk 1.92 cups
- plain greek yogurt 1.25 cups
- shredded gruyere, mozzarella or white cheddar cheese 1.50 cups
- sour cream 0.25 cup
- unsalted butter 2 tbsp
- unsalted butter or olive oil 4 tbsp

## Meat/Fish

- boneless skinless chicken breast 2 lb
- chicken breasts 4 (4-5 ounce)
- chicken tenders 1.50 lb
- fresh salmon filets 1 lb
- ground beef 1 lb
- ground chuck 80% lean 1.50 lb

## Optional Toppings

- parmesan cheese or basil for topping  
Parmesan cheese, chopped walnuts, sliv
- ered almonds, lemon zest, and/or red pe  
pper flakes to garnish

## Pantry

- chicken broth 1.50 cups
- chicken broth or stock 1.25 cups
- coconut aminos or low sodium soy sauce 3 tbsp
- coconut cream or heavy cream 0.25 cup
- Dill pickles to taste
- dry white wine or chicken broth 1 cup
- finely chopped fresh parsley 1 tbsp
- honey 3 tbsp
- jar of mild salsa 1 oz
- jasmine rice 1 cup
- mayo 0.25 cup
- mayonnaise 0.50 cup
- of avocado oil or butter 2 tbsp
- olive oil 6.50 tbsp
- Panko breadcrumbs 0.25 cup
- rice vinegar or apple cider vinegar 2 tsp
- sesame oil 1 tbsp
- short cut pasta 12 oz
- Sliced sourdough or french baguette for  
serving
- vanilla protein powder 5 scoop

## Produce

- asparagus 1 lb
- avocado 1
- broccoli florets 1 lb
- cherry or grape tomatoes 1 cup
- chopped romaine or butter lettuce 4 cups
- French green beans (Haricot Verts) 1 lb
- fresh grated ginger 2 tsp
- fresh green beans 1 lb
- fresh lemon juice 1 tsp
- Fresh lime juice and chopped cilantro
- garlic 1 clove  
6 cloves
- Juice from 1/2 a lemon
- large sweet potatoes 2

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|--|----------|
| <input type="checkbox"/> minced garlic.      | 7 cloves |
| <input type="checkbox"/> minced shallot      | 0.50     |
| <input type="checkbox"/> petite potatoes     | 1 lb     |
| <input type="checkbox"/> red onion           | 0.50     |
| <input type="checkbox"/> scallions           | 4        |
| <input type="checkbox"/> shallot             | 1        |
| <input type="checkbox"/> sweet yellow onions | 3 medium |