

Shopping List

- ☐ corn, flour, or grain-free tortillas 12
- ☐ hardboiled eggs 7.50
- ☐ Toppings: diced red onion, chopped cila
- ☐ ntro, sesame seeds, sliced avocado, or ki
- ☐ mchee
- ☐ Toppings: Everything bagel seasoning an
- ☐ d Mike's hot honey

Baking/Spices

- ☐ black pepper 0.75 tsp
- ☐ chili powder 0.75 tsp
- ☐ cornstarch or tapioca starch 1 tbsp
- ☐ dried dill 0.50 tsp
- ☐ EACH: garlic powder and kosher slat 1 tsp
- ☐ fresh chopped rosemary 2 tsp
- ☐ Fresh cracked black pepper to taste
- ☐ honey or brown sugar 1 tbsp
- ☐ kosher salt 1 tsp
- ☐ Kosher salt and black pepper to taste
- ☐ Kosher salt to taste
- ☐ kosher salt, garlic powder 1 teaspoon EACH:
- ☐ paprika 1 tsp
- ☐ pepper 0.25 tsp
- ☐ salt 0.50 tsp
- ☐ salt and pepper to taste
- ☐ smoked paprika 1.50 tsp
- ☐ tapioca flour 1 tbsp

Beverages

- ☐ pineapple juice 1 tbsp
- ☐ water 1.50 cups

Condiments

- ☐ dijon mustard 1 tbsp
- ☐ sriracha 1 tbsp
- ☐ sriracha depending on spice level 0.50 tsp

Dairy

- ☐ melted unsalted butter or vegan butter 3 tbsp
- ☐ parmesan cheese 0.33 cup
- ☐ sour cream 0.33 cup
- ☐ unsalted butter 2 tbsp

Meat/Fish

- ☐ 11 ounce packages Al Fresco Sweet Appl 2
- ☐ e Chicken Sausage, sliced
- ☐ 80% lean ground beef 1 lb
- ☐ boneless skinless chicken breasts 4 (4-5 ounce)
- ☐ chuck roast 2.50 lb
- ☐ ground beef 1 lb

- | | |
|--|---------------|
| ☐ of bacon | 8 slices |
| ☐ salmon filets | 4 (5-6 ounce) |

Optional Toppings

- ☐ Garnish: Green onions, sesame seeds, or red pepper flakes
- ☐ Parmesan cheese, chopped walnuts, sliced almonds, lemon zest, and/or red pepper flakes to garnish
- ☐ To serve: White rice, brown rice, coconut rice, ramen noodles, lettuce cups, or cauliflower rice

Pantry

- | | |
|--|----------|
| ☐ avocado oil | 5 tsp |
| ☐ coconut aminos or low sodium soy sauce | 0.50 cup |
| ☐ coconut aminos or soy sauce | 2 tbsp |
| ☐ Coconut oil or olive oil for brushing grill/skillet | |
| ☐ finely chopped fresh parsley | 1 tbsp |
| ☐ Hamburger buns | |
| ☐ honey | 1 tsp |
| ☐ low sodium soy sauce or coconut aminos | 0.50 cup |
| ☐ maple syrup | 0.25 cup |
| ☐ mayo | 0.25 cup |
| ☐ mayonnaise | 2 tbsp |
| ☐ of bread | 5 slices |
| ☐ olive oil | 7 tbsp |
| ☐ paleo mayo | 0.50 cup |
| ☐ plain bread crumbs or Panko bread crumbs | 0.33 cup |
| ☐ pure maple syrup | 3 tbsp |
| ☐ rice vinegar | 1 tbsp |
| ☐ sesame oil | 1 tsp |
| ☐ sesame oil or olive oil | 2 tbsp |

Produce

- | | |
|---|----------|
| ☐ avocado | 2.50 |
| ☐ baby yukon gold potatoes | 1 lb |
| ☐ brussels sprouts | 16 oz |
| ☐ Butter lettuce | |
| ☐ carrots | 1 lb |
| ☐ chopped broccoli florets | 3 cups |
| ☐ Cilantro or green onion | |
| ☐ French green beans (Haricot Verts) | 1 lb |
| ☐ fresh chopped dill | 2 tbsp |
| ☐ fresh dill | 3 tbsp |
| ☐ fresh garlic | 2 cloves |
| ☐ fresh ginger | 2 tsp |
| ☐ fresh ginger grated | 1 tbsp |
| ☐ fresh grated ginger | 0.50 tsp |
| ☐ fresh parsley | 0.25 cup |

☐ fresh squeezed orange juice	0.25 cup
☐ fresh thyme	2 tbsp
☐ garlic	4 cloves
☐ garlic cloves	3
☐ Juice from 1/2 a lemon	
☐ large carrots	2
☐ lemon juice	2 tbsp
☐ lime juice	2 tsp
☐ medium apples	2
☐ medium yellow onion	1
☐ minced garlic.	6 cloves
☐ onion powder	0.50 tsp
☐ pineapple slices	4
☐ red bell pepper	1
☐ red onion cut into 1/2 inch thick rounds	0.50
☐ shallot	1
☐ small yellow onion	1
☐ snap peas	2 cups
☐ sweet potatoes	1 lb
☐ Zest from 1/2 lemon	