

Shopping List

- Bread, lettuce cups, veggies, or toast for serving.
- flax meal 5 tbsp
- red grapes 1 cup
- rotisserie chicken 1 lb

Baking/Spices

- black pepper 0.75 tsp
- cayenne pepper 0.25 tsp
- cumin 1.50 tsp
- dried thyme 1 tsp
- everything bagel seasoning 2 tbsp
- fresh chopped thyme 1 tbsp
- garlic powder 2.50 tsp
- Italian seasoning 5 tsp
- kosher salt 2 tsp
- of fresh cracked black pepper Pinch
- OR 1 tablespoon cajun seasoning
- red pepper flakes 0.25 tsp
- salt 2.25 tsp
- Salt & pepper to taste
- salt and pepper to taste
- smoked paprika 2 tsp

Beverages

- water 1.25 cups

Canned Goods

- can black beans 1 (15 ounce)
- can diced green chilis 1 (4.5 ounce)
- can diced tomatoes 1 14.5-ounce
- can fire roasted tomatoes 14.50 oz
- can full fat coconut milk 1
- can tomato sauce 1 15-ounce

Condiments

- dijon mustard 2 tsp
- sriracha 1 tsp
- 2 tbsp

Dairy

- egg 1 large
- feta cheese 4 oz
- finely grated parmesan cheese or nutritional yeast (for dairy-free option) 0.50 cup
- fresh mozzarella cheese 4 oz
- milk 2.50 cups
- parmesan rind (the end of the parmesan wedge) 1
- shredded cheddar cheese 1 cup

Frozen

- frozen banana 5

Meat/Fish

- boneless skinless chicken breast 2 lb
- boneless skinless chicken breasts 4
- ground beef 1 lb
- pre-cooked smoked sausage cut into slices (look for no sugar added) 14 oz
- skin on salmon filet 4 (4-6 ounce)

Optional Toppings

- Toppings: cilantro, sour cream, diced jalapenos, diced avocado, chopped tomatoes
- Toppings: green onion and sesame seeds and spicy mayo
- Toppings: parmesan cheese, fresh basil and/or parsley

Pantry

- almond milk or whole milk 0.25 cup
- balsamic vinegar 2 tbsp
- basil pesto 0.75 cup
- basmati or long grain white rice 2 cups
- champagne vinegar 1 tbsp
- chicken broth or bone broth 2 cups
- coconut cream 0.50 cup
- dry uncooked fusilli pasta or other short cut pasta 1.50 cups
- gluten free penne pasta 12 oz
- honey 4 tbsp
- honey or maple syrup 1 tbsp
- mayo 1.50 cups
- beef stock 4 cups
- olive 2 tbsp
- olive oil 8 tbsp
- olive oil or avocado oil 2 tbsp
- Panko bread crumbs 0.50 cup
- peanut butter 5 tbsp
- red enchilada sauce 3 cups
- scoop chocolate protein powder 5
- sesame oil 2 tbsp
- tamari or coconut aminos 0.33 cup
- whole wheat, grain-free, gluten-free, or corn tortillas 12

Produce

- (1/2 medium) fresh watermelon 8 cups
- avocados 2
- celery ribs 2
- cherry tomatoes 0.50 cup
- Chopped cilantro 2 tbsp

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|---|----------|
| <input type="checkbox"/> Chopped parsley or green onion | 2 |
| <input type="checkbox"/> English Cucumber | 2 |
| <input type="checkbox"/> fresh basil | 2 tbsp |
| <input type="checkbox"/> fresh basil leaves | 0.25 cup |
| <input type="checkbox"/> Fresh chopped basil | 2 tbsp |
| <input type="checkbox"/> fresh grated ginger | 1 tsp |
| <input type="checkbox"/> fresh mint | 1 tbsp |
| <input type="checkbox"/> fresh packed spinach | 3 cups |
| <input type="checkbox"/> garlic | 8 cloves |
| <input type="checkbox"/> Juice from 1/2 lemon | |
| <input type="checkbox"/> lime juice | 2 tbsp |
| <input type="checkbox"/> lime juice (about 1/2 a lime) | 1 tbsp |
| <input type="checkbox"/> medium carrots | 3 |
| <input type="checkbox"/> medium yellow onion | 1 |
| <input type="checkbox"/> minced garlic. | 6 cloves |
| <input type="checkbox"/> onion powder | 0.50 tsp |
| <input type="checkbox"/> oregano | 1 tsp |
| <input type="checkbox"/> small onion | 1 |
| <input type="checkbox"/> small red onion | 1 |
| <input type="checkbox"/> stalks celery | 3 |
| <input type="checkbox"/> thinly sliced red onion | 0.25 cup |
| <input type="checkbox"/> yellow onion | 1 |