

Shopping List

☐ American cheese	6 slices
☐ english muffins	6
☐ For serving: avocado	
☐ frozen sausage patties	6
☐ leafy greens	8 oz
☐ pesto	0.50 cup

Baking/Spices

☐ black pepper	0.50 tsp
☐ chili powder	2 tsp
☐ dried rosemary	1.50 tsp
☐ dried thyme	1.50 tsp
☐ everything bagel seasoning	0.25 cup
☐ fresh cracked black pepper	2.50 tsp
☐ garlic powder	1 tbsp
☐ ground cumin	1.50 tsp
☐ Italian seasoning	2 tsp
☐ kosher salt	5 tsp
	1 tbsp
☐ kosher salt divided	1 tsp
☐ of red pepper flakes	Pinch
☐ paprika, garlic powder, oregano	1 teaspoon EACH
☐ pepper	0.25 tsp
☐ smoked paprika	1 tbsp

Beverages

☐ pasta cooking water or dry white wine	0.33 cup
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Canned Goods

☐ can black beans	15 (1 can)
☐ can fire roasted tomatoes	14.50 (1 can)

Condiments

☐ dijon mustard	3.50 tbsp
	0.25 cup

Dairy

☐ cottage cheese	1 cup
☐ Freshly grated parmesan cheese for top ping	
☐ goat cheese	4 oz
☐ heavy cream, coconut cream, or cashew cream	1 cup
☐ large eggs	12
☐ shredded Mexican cheese	2 cups
☐ unsalted butter, coconut oil, or vegan bu tter	1 tbsp

Meat/Fish

☐ boneless ribeye steaks	4 1-inch
☐ boneless skinless chicken thighs	1.50 lb

☐ chicken tenders	1.50 lb
☐ fresh salmon filets	1 lb
☐ ground turkey	1 lb
☐ Italian chicken sausage	12 ounces (4 links)

Optional Toppings

- ☐ parmesan cheese or basil for topping
Topping options: sliced radishes, pickled
- ☐ onion, avocado, sour cream (vegan), cilantro, red onion, jalapenos

Pantry

☐ apple cider vinegar	0.25 cup
☐ avocado oil or olive oil	2 tbsp
☐ coconut cream or heavy cream	0.25 cup
☐ corn, grain free or flour tortillas	8
☐ honey	2 tbsp
☐ Marinara sauce	0.25 cup
☐ of avocado oil or butter	24 oz
☐ olive oil	2 tbsp
☐ olive oil or avocado oil	3.50 tbsp
☐ penne pasta	0.50 cup
☐ raw honey	2 tbsp
☐ red enchilada sauce	12 oz
☐ roasted, salted pistachios	2.50 tbsp
☐ short cut pasta	1.50 cups
☐ tomato paste	0.33 cup
	12 oz
	3 tbsp

Produce

☐ asparagus	1 lb
☐ broccoli florets	1 lb
☐ broccoli florets (1 large head of broccoli)	3 cups
☐ cherry tomatoes	1 cup
☐ Fresh basil, parsley, or thyme to garnish	
☐ Fresh chopped basil	0.25 cup
☐ fresh lemon juice	1 tsp
☐ garlic	3 cloves
☐ garlic minced	3 cloves
☐ medium avocado	1
☐ medium yellow onion	1
☐ minced garlic.	6 cloves
☐ onion powder	2 tsp
☐ peaches	2
☐ petite potatoes	1 lb
☐ thinly sliced red onion	0.25 cup