

## Shopping List

chopped green onion 0.25 cup

### Baking/Spices

1:1 gluten free flour 2 tbsp  
 all purpose gluten free flour 1.75 cups  
 baking powder 1 tbsp  
 baking soda 0.25 tsp  
 black pepper 1.25 tsp  
 chili powder 1 tsp  
 coconut sugar 2 tsp  
 crushed red pepper flakes 0.50 tsp  
 cumin 2 tsp  
 curry powder 1 tsp  
 dried oregano 0.50 tsp  
 everything bagel seasoning 0.25 cup  
 fresh chopped cilantro  
 garlic powder 2 tsp  
 Italian seasoning 3 tsp  
 kosher salt 4.50 tsp  
 of fresh thyme 1 tsp  
 paprika 1 tsp  
 pepper 0.25 tsp  
 salt 3 tsp  
 salt and pepper  
 salt and pepper to taste  
 smoked paprika 2 tsp  
 tapioca starch 0.25 cup

### Canned Goods

full-fat canned coconut milk 1 cup

### Condiments

dijon 3 tsp  
 dijon mustard 4 tbsp  
3 tsp

### Dairy

cottage cheese 1.50 cups  
 crumbled goat cheese 4 oz  
 feta cheese 4 oz  
 large eggs 9  
 shredded cheddar cheese 0.50 cup

### Frozen

package frozen peas and carrots 1

### Meat/Fish

boneless skinless chicken breast 1.50 lb  
 boneless skinless chicken breasts 1.50 lb  
 cooked boneless skinless chicken breast 1 lb  
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- flank steak 3.50 lb
- salmon fillets 4 (4-5 ounce)

### Optional Toppings

- Scallions, chopped cashews, cilantro, bread, pita, wraps, or lettuce cups for serving

### Pantry

- apple cider vinegar 3 tbsp
- avocado oil or olive oil 0.25 cup
- balsamic vinegar 0.25 cup
- can full fat canned coconut milk 0.33 cup
- cashews 1
- chicken broth or chicken bone broth 0.33 cup
- chopped walnuts 32 oz
- coconut oil 0.33 cup
- coconut oil or olive oil 2 tbsp
- Corn Tortillas 1 tbsp
- dates 5
- extra virgin olive oil 0.92 cup
- honey 6 tbsp
- maple syrup 4 tbsp
- mayonnaise or Greek yogurt 0.75 cup
- olive oil 5 tbsp
- raisins 0.25 cup
- room temperature coconut oil 2 tsp
- soy sauce 0.33 cup
- tapioca 8 tbsp
- turmeric 0.25 cup

### Produce

- avocado 1
- avocados 2
- broccoli florets 32 oz
- brussels sprouts 1 lb
- celery 2 ribs
- cherry tomatoes 2 pt
- cilantro 0.25 cup
- ears of corn 2
- English Cucumber 1
- Fresh chopped basil 0.25 cup
- fresh lemon juice 2 tbsp
- fresh squeezed orange juice 0.25 cup
- garlic 5 cloves
- garlic cloves minced 4
- green apple 1
- green onion 2 tablepoons
- honeycrisp apple 1

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|---|----------|
| <input type="checkbox"/> Juice from 1/2 a lime            |          |
| <input type="checkbox"/> large avocado                    | 1        |
| <input type="checkbox"/> large red onion                  | 0.25     |
| <input type="checkbox"/> large yellow onion               | 1        |
| <input type="checkbox"/> large zucchini                   | 2        |
| <input type="checkbox"/> lemon juice                      | 1 tbsp   |
| <input type="checkbox"/> lime juice                       | 5 tbsp   |
| <input type="checkbox"/> medium yellow onion              | 1        |
| <input type="checkbox"/> minced garlic.                   | 7 cloves |
| <input type="checkbox"/> mixed baby potatoes              | 1.50 lb  |
| <input type="checkbox"/> of fresh rosemary                | 2 tsp    |
| <input type="checkbox"/> Parsley                          |          |
| <input type="checkbox"/> peeled and diced russet potatoes | 2 cups   |
| <input type="checkbox"/> red bell pepper                  | 1        |
| <input type="checkbox"/> rosemary chopped                 | 1 tsp    |
| <input type="checkbox"/> sliced celery                    | 0.50 cup |
| <input type="checkbox"/> small red onion                  | 0.50     |
| <input type="checkbox"/> spinach                          | 2 cups   |
| <input type="checkbox"/> thyme chopped                    | 1 tsp    |
| <input type="checkbox"/> white onion                      |          |