

Shopping List

- black eyed peas 1 (15-ounce) can
- bread 8 slices
- flax meal 4 tbsp
- Salt, pepper, and red pepper flakes to taste
- Toppings as desired
- Toppings as desired: Butter, maple syrup, almond butter, berries

Baking/Spices

- black pepper 0.50 tsp
- chili powder 1 tbsp
- cinnamon 2 tsp
- fresh chopped rosemary 1 tsp
- freshly ground black pepper 2 tsp
- ground cumin 1 tsp
- Italian seasoning 5.50 tsp
- kosher salt 1.50 tsp
- Pinch
- pepper 0.50 tsp
- red pepper flakes 0.25 tsp
- salt 2 tsp
- sea salt 0.25 tsp
- Sesame seeds to garnish
- smoked paprika 1 tsp
- taco size flour tortillas 8
- tapioca starch 1 tbsp
- vanilla extract 1 tsp

Canned Goods

- Diced tomatoes 1 (14.5-ounce) can

Condiments

- dijon mustard 2 tbsp

Dairy

- burrata cheese 8 oz
- large egg whites 6
- large eggs 2
- milk 0.75 cup
- Nutritional yeast or parmesan cheese 0.25 cup
- parmesan cheese

Meat/Fish

- 11 ounce packages Al Fresco Sweet Apple Chicken Sausage, sliced 2
- boneless skinless chicken breast 3 lb
- boneless skinless chicken breasts 1.50 lb
- ground beef 2 lb
- package chicken sausage 1 (12 ounce)

Optional Toppings

- Green onion and sesame seeds to garnish

Pantry

- angel hair pasta or other long cut pasta 1 lb
- balsamic vinegar 0.33 cup
- basil pesto 0.50 cup
- beef broth 4 cups
- chicken broth 0.25 cup
- coconut aminos 1 cup
- ghee, coconut oil or olive oil 2 tbsp
- gluten free penne 10 oz
- honey 2 tbsp
- low sodium chicken or bone broth 3.50 cups
- maple syrup 2 tbsp
- 0.25 cup
- olive oil 11 tbsp
- 0.25 cup
- sesame oil 1 tbsp
- tomato paste 3 tbsp
- vanilla protein powder 0.50 cup

Produce

- asparagus 1 lb
- bell peppers 4
- broccoli florets 4 cups
- brussels sprouts 16 oz
- carrots 4
- celery 3 stalks
- corn 1 (15-ounce) can
- Fresh chopped basil 0.25 cup
- fresh grated ginger 1 tsp
- fresh lime juice 2 tbsp
- Fresh parsley for topping
- fresh squeezed orange juice 0.25 cup
- fresh thyme 2 tbsp
- garlic 12 cloves
- green beans 1 (14.5 -ounce) can
- juice from 1 lemon
- large carrots 3
- medium apples 2
- medium yellow onion 2
- minced garlic. 9 cloves
- Optional toppings: sliced avocado or guacamole
- red bell pepper 2
- snap peas 3 cups
- sweet potatoes 1 lb
- whole cherry or grape tomatoes 20 ounces (about 4 cups)
- yukon gold potatoes 1 lb
- Zest from 1 lemon