

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
- ☐ pepper Pinch
- ☐ red pepper flakes 0.50 tsp
- ☐ salt 0.25 tsp
- ☐ sea salt 2 tsp
- ☐ Sesame seeds to garnish 0.25 tsp
- ☐ 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
- ☐ olive oil 0.25 cup
- ☐ olive oil 11 tbsp
- ☐ sesame oil 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