

Shopping List

Baking/Spices

☐ all purpose flour	0.50 cup
☐ black pepper	1 tsp
☐ chili powder	1 tbsp
☐ cornstarch or tapioca flour	1 tsp
☐ crushed red pepper flakes	0.25 tsp
☐ dried dill	0.50 tsp
☐ dried oregano	2 tsp
☐ dried thyme	0.50 tsp
☐ EACH: garlic powder, paprika and onion powder	0.50 tsp
☐ fresh chopped parsley	2 tbsp
☐ fresh chopped thyme	2 tbsp
☐ Fresh cracked black pepper to taste	
☐ garlic powder	1 tsp
☐ ground cinnamon	0.50 tsp
☐ ground cumin	1 tsp
☐ kosher salt	3.75 tsp
☐ Kosher salt to taste	
☐ paprika	1.50 tsp
☐ red chili flakes	0.50 tsp
☐ red pepper flakes	0.25 tsp
☐ salt	1.75 tsp
☐ Salt and black pepper to taste	
☐ vanilla extract	1 tsp

Beverages

☐ unsweetened almond milk	2.50 cups
☐ water	1.50 cups

Canned Goods

☐ can fire roasted tomatoes	15 (1 can)
☐ can green chiles	4.50 (1 can)

Condiments

☐ dijon mustard	0.25 cup 2 tbsp
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Dairy

☐ butter or vegan butter	2 tbsp
☐ crumbled feta cheese	6 oz
☐ feta cheese	8 oz
☐ grated parmesan cheese	0.25 cup
☐ hard boiled eggs	3
☐ heavy cream	1 cup
☐ large eggs	2
☐ milk	0.50 cup
☐ parmesan cheese	0.25 cup
☐ plain greek yogurt	0.25 cup

- ☐ shredded gruyere, mozzarella or white cheddar cheese 1.50 cups
- ☐ shredded Mexican cheese or cashew queso* 1 cup
- ☐ unsalted butter 2 tbsp
- ☐ unsalted butter or olive oil 4 tbsp

Meat/Fish

- ☐ boneless skinless chicken thighs or breasts 1.50 lb
- ☐ chicken breasts 4 (4-5 ounce)
- ☐ chicken tenderloins 1 lb
- ☐ ground beef 1 lb
- ☐ ground chicken 1.50 lb
- ☐ pork tenderloin 2 lb

Optional Toppings

- ☐ Parmesan cheese, chopped walnuts, sliced almonds, lemon zest, and/or red pepper flakes to garnish
- ☐ Toppings: Crumbled feta cheese, kalamata olives or parsley

Pantry

- ☐ apple cider vinegar 2 tbsp
- ☐ avocado or olive oil 2 tbsp
- ☐ breadcrumbs, gluten-free if needed 0.50 cup
- ☐ chia seeds 0.25 cup
- ☐ chicken broth 1.50 cups
- ☐ coconut or avocado oil 0.33 cup
- ☐ dry orzo pasta 1.25 cups
- ☐ dry white wine or chicken broth 1 cup
- ☐ finely chopped fresh parsley 1 tbsp
- ☐ honey 0.25 cup
- ☐ honey or maple syrup 2 tbsp
- ☐ low sodium chicken broth 1.50 cups
- ☐ maple syrup 2 tbsp
- ☐ mayonnaise 0.25 cup
- ☐ olive oil 9 tbsp
- ☐ Panko breadcrumbs 0.25 cup
- ☐ rolled oats 2.25 cups
- ☐ scoops vanilla protein powder 3
- ☐ Sliced sourdough or french baguette for serving
- ☐ soy sauce or coconut aminos 0.25 cup

Produce

- ☐ (2 large) sweet potatoes 4 cups
- ☐ asparagus 1 lb
- ☐ avocado 1
- ☐ cherry tomatoes 1 cup
- ☐ 6 oz

- ☐ dried herbs or 1 Tablespoon fresh herbs 1 tsp
- ☐ French green beans (Haricot Verts) 1 lb
- ☐ fresh basil 2 tbsp
- ☐ Fresh chopped basil 2 tbsp
- ☐ fresh corn 2 cups
- ☐ Fresh parsley, fresh dill, or, fresh oregano for topping
- ☐ garlic 9 cloves
- ☐ garlic cloves 2
- ☐ Juice from 1/2 a lemon
- ☐ lemon juice 3 Tablespoons
- ☐ lemon juice or white distilled vinegar 1 tbsp
- ☐ lemon zest 3 tsp
- ☐ medium shallot 1
- ☐ minced garlic. 8 cloves
- ☐ oregano 0.25 tsp
- ☐ red onion 0.50
- ☐ romaine lettuce 8 cups
- ☐ shallot 1
- ☐ small red onion 0.50
- ☐ small shallot 1
- ☐ sweet yellow onions 3 medium
- ☐ yellow onion 0.75 cup (1 medium)