

Shopping List

- ☐ flax meal 5 tbsp
- ☐ maple syrup or stevia 5 tbsp
- ☐ Ranch
- ☐ Toppings after baking: nut butter
- ☐ Toppings before baking: raspberries

Baking/Spices

- ☐ baking powder 3.75 tsp
- ☐ black pepper 0.75 tsp
- ☐ chili powder 1 tbsp
- ☐ everything bagel seasoning 0.25 cup
- ☐ flour 2 cups
- ☐ garlic powder 2 tsp
- ☐ ground black pepper 0.50 tsp
- ☐ ground cumin 1 tsp
- ☐ Italian seasoning 2 tsp
- ☐ kosher salt 5 tsp
- ☐ package taco seasoning 1 (1-ounce)
- ☐ paprika 1.50 tsp
- ☐ sea salt 0.50 tsp
- ☐ Tajin 2.50 tsp

Canned Goods

- ☐ black beans 1 cup
- ☐ canned corn 1 cup

Condiments

- ☐ dijon mustard 4 tbsp

Dairy

- ☐ cotija cheese 0.50 cup
- ☐ Crumbled feta or Crazy feta to taste
- ☐ large egg 5
- ☐ large eggs 2
- ☐ milk 1.67 cups
- ☐ plain greek yogurt 1.25 cups
- ☐ plain Greek yogurt or mayo 0.75 cup
- ☐ sour cream 0.33 cup

Meat/Fish

- ☐ boneless skinless chicken breast 1.50 lb
- ☐ boneless skinless chicken thighs 1.50 lb
- ☐ chicken tenders 1.50 lb
- ☐ lean ground beef 1 lb
- ☐ salmon fillets 4 (4-5 ounce)
- ☐ skirt steak or flank steak sliced into ¼ inc 2 lb
- ☐ h strips

Optional Toppings

- Toppings: fresh chopped cilantro, lime juice, red onion, cheddar cheese, jalapeno, black olives, avocado

Pantry

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|--|-----------|
| ☐ 6-8" flour or corn tortillas | 8 |
| ☐ balsamic vinegar | 0.33 cup |
| ☐ cooked Basmati rice | 2 cups |
| ☐ good quality extra virgin olive oil | 0.25 cup |
| ☐ Harissa paste | 4 tbsp |
| ☐ honey | 4 tbsp |
| ☐ maple syrup | 2 tbsp |
| ☐ mild salsa | 1 cup |
| ☐ olive oil | 10 tbsp |
| | 0.25 cup |
| ☐ Pickled red onions to taste | |
| ☐ Pita Chips | |
| ☐ rice cereal | 2 cups |
| ☐ short cut pasta | 16 oz |
| ☐ shortcut pasta (Rotini, shell pasta, etc. | 12 oz |
| ☐ vanilla protein powder | 5 scoop |
| ☐ water or beef broth | 2.50 cups |

Produce

- | | |
|---|----------|
| ☐ bell peppers any color | 4 |
| ☐ broccoli florets | 32 oz |
| ☐ cherry tomatoes | 1 cup |
| ☐ cilantro | 0.25 cup |
| ☐ cloves garlic | 2 |
| ☐ ears corn | 6 |
| ☐ fresh lime juice | 2 tbsp |
| | 0.25 cup |
| ☐ garlic | 2 cloves |
| ☐ garlic cloves | 4 |
| ☐ garlic minced | 2 cloves |
| ☐ Hummus to taste | |
| ☐ jalapeno | 2 |
| ☐ juice from 1 lime | |
| ☐ Juice from 1/2 a lemon | |
| ☐ lemon juice | 2 tbsp |
| ☐ Marinated cucumbers and tomatoes | |
| ☐ medium yellow onion | 1 |
| ☐ medium yellow onion sliced into strips | 1 |
| ☐ minced garlic. | 3 cloves |
| ☐ Mixed salad greens + olive oil to taste | |
| ☐ onion powder | 1 tsp |
| ☐ Optional toppings: sliced avocado or guacamole | |
| ☐ red onion | 0.50 cup |
| ☐ ripe avocado | 1 |
| ☐ shredded kale | 2 cups |