

## Shopping List

- ☐ BBQ sauce to taste
- ☐ flax meal 5 tbsp

### Baking/Spices

- ☐ + 2 tablespoons all-purpose flour 0.33 cup
- ☐ black pepper 0.50 tsp
- ☐ brown sugar 2 tbsp
- ☐ cayenne pepper 0.13 tsp
- ☐ chili powder 2.50 tsp
- ☐ cumin 1 tsp
- ☐ dried dill 1 tsp
- ☐ dried oregano 2 tsp
- ☐ EACH: black pepper, cayenne pepper 0.50 tsp
- ☐ EACH: dried basil, dried dill, dried thyme, 1 tsp
- ☐ onion powder, and kosher salt
- ☐ EACH: garlic powder and onion powder 0.50 tsp
- ☐ EACH: garlic powder, onion powder, cumin, ground mustard, dried oregano 1 tsp
- ☐ EACH: smoked paprika and kosher salt 1 tsp
- ☐ flour 2 tbsp
- ☐ fresh chopped cilantro 2 tbsp
- ☐ garlic powder 0.50 tsp
- ☐ kosher salt 1 tsp
- ☐ salt 4.50 tsp
- ☐ salt and pepper to taste 0.25 tsp
- ☐ smoked paprika 1 tsp
- 1 tbsp

### Beverages

- ☐ water 1.25 cups

### Canned Goods

- ☐ can fire roasted corn 1 (15 ounce)
- ☐ can full fat coconut milk 1

### Condiments

- ☐ buffalo sauce 1 cup
- ☐ sriracha 1 tsp
- 2 tbsp

### Dairy

- ☐ blue cheese crumbles or shredded cheddar cheese 4 oz
- ☐ butter 2 tbsp
- ☐ Homemade creamy jalapeno ranch To serve:
- ☐ large eggs 2
- ☐ milk 2.50 cups
- ☐ parmesan cheese 0.25 cup
- ☐ plain greek yogurt, coconut cream or sour cream 0.50 cup
- ☐ whole milk 2 cups

**Frozen**

- ☐ frozen banana 5

**Meat/Fish**

- ☐ boneless pork shoulder 4 lb
- ☐ boneless skinless chicken breasts 1.50 lb
- ☐ chicken breasts 2 (5-6 ounce)
- ☐ chicken tenders 1.50 lb
- ☐ raw shrimp 1 lb
- ☐ skin on salmon filet 4 (4-6 ounce)

**Optional Toppings**

- ☐ For sandwiches: buns, coleslaw, and pickles
- ☐ To top: kalamata olives, feta cheese and fresh parsley
- ☐ Toppings: green onion and sesame seeds and spicy mayo

**Pantry**

- ☐ basmati or long grain white rice 2 cups
- ☐ chicken broth 1 cup
- ☐ crushed corn flakes 2 cups
- ☐ honey 6 tbsp
- ☐ mayo 0.50 cup
- ☐ milk or almond milk 0.33 cup
- ☐ olive oil 0.25 cup
- ☐ olive oil or avocado oil 2 tbsp
- ☐ olive oil or avocado oil 4 tbsp
- ☐ peanut butter 5 tbsp
- ☐ scoop chocolate protein powder 5
- ☐ sesame oil 2 tbsp
- ☐ tamari or coconut aminos 0.33 cup

**Produce**

- ☐ avocados 4
- ☐ bell pepper 1
- ☐ broccoli florets 0.50 lb
- ☐ celery ribs 3
- ☐ cherry tomatoes 1 pt
- ☐ chopped chives 2 tsp
- ☐ Chopped cilantro 1 tbsp
- ☐ Chopped cilantro 2 tbsp
- ☐ chopped parsley 1 tbsp
- ☐ diced cherry tomatoes 0.50 cup
- ☐ Diced red onion 0.25 cup
- ☐ English Cucumber 1
- ☐ fresh grated ginger 1 tsp
- ☐ garlic 4 cloves
- ☐ garlic 1 clove
- ☐ garlic cloves 4
- ☐ heads Romaine lettuce 2
- ☐ jalapeno 1

<input type="checkbox"/> Juice from one lemon	1
<input type="checkbox"/> large avocado	1
<input type="checkbox"/> large Spaghetti squash	1
<input type="checkbox"/> lemon juice	1 tbsp
<input type="checkbox"/> lime juice	4 tbsp
<input type="checkbox"/> medium avocado	1
<input type="checkbox"/> minced garlic.	6 cloves
<input type="checkbox"/> red potatoes	1.50 lb
<input type="checkbox"/> shredded cabbage or coleslaw	1 cup
<input type="checkbox"/> shredded carrots	0.50 cup
<input type="checkbox"/> small red onion	1
<input type="checkbox"/> thinly sliced green onions	3
<input type="checkbox"/> thinly sliced red onion	0.25 cup
	0.50
<input type="checkbox"/> uncooked white rice	2 cups