

Shopping List

- 15 ounce can full fat coconut milk 1
- American cheese 6 slices
- Basil for serving
- english muffins 6
- For serving: avocado
- fresh or frozen corn 1 cup
- frozen sausage patties 6
- gloves garlic 3
- leafy greens 8 oz

Baking/Spices

- black pepper 0.25 tsp
- cornstarch or tapioca starch 1 tbsp
- dried rosemary 1.50 tsp
- dried thyme 1.50 tsp
- everything bagel seasoning 0.25 cup
- fresh cracked black pepper 2.50 tsp
- garlic powder 1 tbsp
- honey or brown sugar 1 tbsp
- kosher salt 2.50 tsp
- kosher salt divided 1 tbsp
- kosher salt divided 1 tsp
- red pepper flakes 0.50 tsp
- salt and pepper to taste
- smoked paprika 1 tbsp
- taco seasoning 2 tbsp

Canned Goods

- can crushed tomatoes 1 oz

Condiments

- dijon mustard 3.50 tbsp

Dairy

- cottage cheese 1 cup
- goat cheese 4 oz
- large eggs 12
- Parmesan

Meat/Fish

- beef chuck 2.50 lb
- boneless ribeye steaks 4 1-inch
- boneless skinless chicken breast 2 lb
- chicken tenders 1.50 lb
- ground beef 1 lb
- large shrimp 1 lb

Optional Toppings

- Garnish: Green onions, sesame seeds, or red pepper flakes
- To serve: White rice, brown rice, coconut rice, ramen noodles, lettuce cups, or cauliflower rice

Pantry

- apple cider vinegar 0.25 cup
- bay leaves 2
- chicken broth or stock 1.25 cups
- Gluten free option: 16 ounces desired gluten free pasta or polenta
- honey 2 tbsp
- jar of mild salsa 1 oz
- low sodium soy sauce or coconut aminos 0.50 cup
- olive oil 4.50 tbsp
- olive oil or avocado oil 1 tsp
- olive oil or avocado oil 0.50 cup
- pappardelle pasta 16 oz
- raw honey 2.50 tbsp
- reduced sodium beef broth 0.50 cup
- rice vinegar 1 tbsp
- roasted, salted pistachios 0.33 cup
- sesame oil or olive oil 2 tbsp
- tomato paste 5 tbsp

Produce

- broccoli florets 1 lb
- carrot 1
- cherry tomatoes 1 cup
- chopped broccoli florets 3 cups
- Fresh chopped basil 0.25 cup
- fresh grated ginger 0.50 tsp
- Fresh lime juice and chopped cilantro
- fresh squeezed orange juice 0.25 cup
- garlic 2 cloves
- garlic cloves 6
- large carrots 2
- lemon juice 2 tbsp
- medium avocado 1
- medium yellow onion 1
- minced garlic. 3 cloves
- onion powder 2 tsp
- peaches 2
- petite potatoes 1 lb
- red bell pepper 2
- shallot 1
- small yellow onion 1
- snap peas 2 cups
- sprigs fresh thyme 2
- stalk celery 1

- thinly sliced red onion 0.25 cup
- Whole30 option: serve with zucchini