

FAVORITE STORE

Bakery

- Sourdough english muffins 4 ½ [A,A2,A3]
- 8-inch low carb flour tortillas 6 [D] (*I used Ole Xtreme Wellness*)

Baking

- Olive oil ¾ cup [B,E]
- Kosher salt 1 teaspoon [B]
- Salt 1 ¼ teaspoons [B,C,D]
- Sesame oil 1 teaspoon [E]
- Brown sugar 2 tablespoons [E] *packed*

Canned Goods

- Chicken broth 5 cups [B,C] (*or 3 1/2 cups water plus 3 1/2 tsp better than bouillon chicken base*)
- Sriracha 1 teaspoon [E] *optional*

Condiments

- Optional: hot sauce [A,A2,A3] *laughing cow cheese*

Dairy

- Butter 2 tablespoons [C]
- Grated Parmesan cheese ½ cup [B]
- Shredded cheddar ¾ cup [D] *or pepper jack cheese*
- Eggs 10 large [D] (*beaten*)
- Eggwhites 414 gram [A,A2,A3] (*equivalent to 4.5 whites*)

Dry Goods

- Uncooked cavatappi 1 pound [B] *or cellentani pasta, (or other pasta of your choice)*
- Black pepper 1 teaspoon [B]
- Brown rice 2 cups [C,E] (*see note*)
- Rice wine vinegar 2 teaspoons [E]
- Hot sauce for serving [D] (*optional*)
- Italian seasoning 4 teaspoons [B]
- Reduced sodium soy sauce ¼ cup [E]
- Ground turmeric ½ teaspoon [C] (*optional*)

Frozen

- Frozen peas and carrots 2 cups [C] (*optional*)

Household

- Reynolds Wrap Heavy-Duty Aluminum Foil 6 pieces [D] (*cut 10 x 12 inches each*)

Meat

- Canadian bacon 9 slices [A,A2,A3] (*ham*)
- Ground beef 1 pound [E]
- Center cut bacon 6 strips [D]
- (2 chicken breasts) boneless skinless chicken breasts 1 ½ pounds [B] *thawed not frozen*
- Chicken sausage links 1 (12 oz) package [C] (*see note*)

Produce

- Chopped basil ½ cup [B] (*fresh*)
- Broccoli florets 12 ounces [E] *cut into 1/2-inch pieces*
- Garlic 3 cloves [E] *minced*

FAVORITE STORE (CONT...)

Produce (Cont...)

- Minced garlic cloves** 4 [B]
- Freshly grated ginger** 1 tablespoon [E]
- Chopped onion** ½ cup [C]
- Green onions** 2 [E] *thinly sliced*
- Pepper** ¼ teaspoon [B]
- Red bell pepper** ½ [D] *(diced)*
- Roma tomatoes** 1 pound [B] *(about 5 roma tomatoes)*
- Scallions** 4 [D] *(chopped)*

Snacks

- Sesame seeds** 1 teaspoon [E]

Spices

- Garlic powder** ½ teaspoon [C]

RECIPE KEY

Monday, Mar 29

- [A]** Pre/Post Workout Muffins
- [B]** Instant Pot Bruschetta Chicken Pasta
- [C]** Slow Cooker Brown Rice Pilaf with Chicken Sausage

Tuesday, Mar 30

- [D]** Freezer Breakfast Burritos
- [E]** Quick Beef and Broccoli Meal Prep

Wednesday, Mar 31

- [A²]** Pre/Post Workout Muffins

Friday, Apr 2

Spices (Cont...)

- [A³]** Pre/Post Workout Muffins