

FAVORITE STORE

- Homemade Caesar** 1 ½ cups [D] *or Ranch dressing*
- Provolone very thinly sliced** 2 ounces [C]
- Nut Butter I use peanut butter. Any other nut butter works** 2 tablespoons [A]
- Ribeye shaved** ¼ pound [C]

Baking

- Dark Chocolate Chips** ¼ cup [A]
- Gluten-free flour** 1 tablespoon [B]
- Extra virgin olive oil** 1 tablespoon [B]
- Olive oil** 8 ⅛ teaspoons [C,D]
- Salt** 1 ¼ teaspoons [A,C]
- Baking Soda** 2 teaspoons [A]
- Vanilla Extract** 2 teaspoons [A]

Breakfast

- Maple Syrup** ¼ cup [A] *or honey*

Dairy

- Shaved Parmesan cheese** ⅓ cup [D] *or freshly grated*
- Freshly shaved parmesan for garnish** [B]
- Egg** 2 [A]
- Eggs** 4 large [C]
- Almond Milk** 2 cups [A,B] *or any milk*

Dry Goods

- Rolled Oats** 2 cups [A]
- Pasta** 8 ounces [D]

Dry Goods (Cont...)

- Kosher salt & pepper to taste** [D]
- Kosher salt and fresh ground pepper to taste** [B]

Meat

- Boneless skinless chicken breasts** 1 pound [B]
- Chicken breast** 1 pound [D]

Misc.

- Basil pesto** 3 tablespoons [B] *or homemade*

Produce

- Ripe Banana** 2 [A]
- Fresh basil leaves** [B]
- Cherry tomatoes** 2 cups [B]
- pint cherry tomatoes – 1** [D] *or grape tomatoes halved*
- Garlic cloves minced** 2 [B]
- Yellow onion sliced** 1 ounce [C]
- Green bell pepper** ½ [C] *sliced medium*
- Pepper** ½ teaspoon [C]
- Romaine lettuce chopped** 1 [D]

RECIPE KEY

Monday, May 3

[A] Chocolate Chip Baked Oats

[B] Pesto Chicken Recipe

Tuesday, May 4

[C] Keto Philly Cheesesteak Omelet

[D] Chicken Caesar Pasta Salad