

FAVORITE STORE

- Plant based vanilla protein powder. Vega brand is my fav.** 1 $\frac{1}{2}$ scoop [D,D2,D3]

Baking

- Almond Flour** $\frac{3}{8}$ cup [H]
- Chia seeds** 1 teaspoon [G]
- Cocoa powder** 1 $\frac{1}{2}$ teaspoons [G]
- Gluten-free Flour** 2 tablespoons [B,I]
- Hoisin Sauce** 1 tablespoon [B]
- Raw Honey** 1 tablespoon [B]
- Pure maple syrup** 2 teaspoons [G]
- Oat Flour** $\frac{3}{8}$ cup [H]
- Oil** 2 tablespoons [I] or *Ghee*
- Olive Oil** 8 $\frac{1}{8}$ teaspoons [F,I]
- Paprika** $\frac{1}{2}$ teaspoon [H]
- Salt** 1 $\frac{1}{4}$ teaspoons [A,C]
- Sea salt** [H] *to taste about 1-2 teaspoon*
- Salt and pepper to taste** [F]
- Cooking spray** [C]
- Pure vanilla extract** $\frac{1}{4}$ teaspoon [G]
- Vegetable Oil Divided** 4 $\frac{1}{2}$ teaspoons [H]

Breakfast

- Old fashioned oats** $\frac{3}{4}$ cup [D,D2,D3]

Canned Goods

- Chicken broth** 1 cup [I]
- Marinara sauce look for a low-sugar** 3 cups [C] *low-fat variety, warmed*
- Unsweetened coconut milk** $\frac{1}{2}$ cup [G]
- Pineapple diced** 1 cup [F]
- Tuna** 5 oz can [E] (*drained*)

Condiments

- Balsamic Vinegar** 1 tablespoon [B]
- Mayonnaise** 2 tablespoons [E]
- Hot Sauce** 1 tablespoon [H]

Dairy

- Almond Breeze Vanilla Almond Milk with a hint of honey** 1 $\frac{1}{2}$ cups [D,D2,D3]
- Cheese** 8 ounces [E] (*cubed*)
- Cheese** 1 cup [A] (*shredded*)
- Heavy cream** $\frac{1}{2}$ cup [A]
- Egg** 13 [A,C]
- Eggs** 1 large [H]
- Whole eggs** 4 [E]
- Greek Yogurt** $\frac{1}{2}$ cup [I]

Dry Goods

- Breadcrumbs use gluten-free version if needed** $\frac{1}{4}$ cup [C]
- Chili flakes** 1 teaspoon [I] or *to taste*
- Rolled oats** $\frac{1}{2}$ cup [G]

FAVORITE STORE (CONT...)

Dry Goods (Cont...)

- Low-sodium soy sauce $\frac{1}{2}$ cup [B] or coconut aminos

Frozen

- Frozen strawberries 2 $\frac{1}{4}$ cups [D,D2,D3]

Meat

- Boneless chicken breast with skin on cut in halves 1 $\frac{1}{2}$ pounds [I] or skinless
- Skinless boneless chicken breasts cut into bite-sized pieces 1 $\frac{1}{2}$ pounds [B]
- Thin boneless skinless chicken breasts 4 [F]
- Salmon Fillet $\frac{1}{2}$ pound [H]
- Sausage 8 ounces [A]
- Ground turkey 93% lean 1 pound [C]

Produce

- Banana $\frac{1}{2}$ [G] peeled and chopped
- Banana* 1 $\frac{1}{2}$ [D,D2,D3]
- Blueberries 1 cup [E]
- Carrots 4 [E] (peeled & chopped)
- Cauliflower broken into florets 1 medium head [B]
- Celery 2 tablespoons [E] (finely chopped)
- Cilantro chopped $\frac{1}{4}$ cup [F]
- Cucumber diced and peeled 1 cup [F]
- Chopped dill fresh 2 tablespoons [I]

Produce (Cont...)

- Garlic Cloves pressed 4 [I]
- Fresh Ginger 1 teaspoon [B] or powder
- Grapes 1 cup [E]
- Lemon Zest zest of one lemon 1 $\frac{1}{2}$ teaspoons [H]
- Lime 1 [F] the juice of
- Red onion minced $\frac{1}{4}$ cup [F]
- Red Onions cut into wedges 2 medium [B]
- Chopped fresh parsley 2 tablespoons [C]
- Dried Parsley $\frac{1}{2}$ teaspoon [H]
- Fresh Chopped Parsley 2 tablespoons [B]
- Chopped fresh parsley leaves 2 tablespoons [I]
- Bell Pepper diced into large pieces 1 [B]
- Pepper 2 $\frac{1}{8}$ cups [A,C] (sliced)
- Baby Potatoes halved 16 ounces [I] or quartered
- Ribs celery 3 [E] (chopped)
- Zucchini cut into chunks 1 large [B]

Snacks

- $\frac{2}{3}$ Cup Roasted unsalted cashews [B]
- Sesame Seeds 1 tablespoon [B]

Spices

- Dried basil 1 teaspoon [C,I]
- Cinnamon $\frac{1}{8}$ teaspoon [G]

— FAVORITE STORE (CONT...) —

Spices (Cont...)

- Garlic powder** 2 teaspoons [B,C,H]
- Ginger Powder** ¼ teaspoon [H]
- Italian Herbs Seasoning** ½ teaspoon [H]
- Lemon Pepper seasoning** 1 tablespoon [F]
or any other seasoning
- Dried oregano** 1 teaspoon [I]
- Salt & pepper** [E] *(to taste)*
- Salt and black pepper** [B] *to taste*
- Sea salt and freshly ground black pepper to taste** [I]
- Italian seasoning mix** 1 tablespoon [I]

Spices (Cont...)

Thursday, Apr 30

- [I] Creamy Chicken Potato Bake
- [D³] Strawberry Banana Oatmeal Protein Smoothie

— RECIPE KEY —

Monday, Apr 27

- [A] Low Carb Breakfast Pizza
- [B] Baked Cashew Chicken And Veggies
- [C] Italian Turkey Meatballs Recipe
- [D] Strawberry Banana Oatmeal Protein Smoothie

Tuesday, Apr 28

- [E] Tuna Protein Box
- [F] Grilled Chicken with Pineapple-Cucumber Salsa

Wednesday, Apr 29

- [G] Banana & Chocolate Overnight Oats
- [H] Easy Salmon Patties
- [D²] Strawberry Banana Oatmeal Protein Smoothie