

FAVORITE STORE

Baking

- Cayenne pepper $\frac{1}{8}$ teaspoon [F]
- Dark chocolate chips 1 cup [D]
- Coconut Oil melted $\frac{1}{2}$ cup [D]
- Cornstarch 1 $\frac{1}{2}$ teaspoons [B]
- All-Purpose Flour 1 cup [D] *or Whole Wheat*
- Honey [D] *or maple syrup optional*
- Honey 2 $\frac{1}{4}$ teaspoons [E]
- Raw honey $\frac{5}{8}$ cup [B,D]
- Extra-virgin olive oil 4 $\frac{1}{2}$ teaspoons [E]
- Olive oil 8 $\frac{1}{8}$ teaspoons [A,F,H]
- Onion powder $\frac{1}{8}$ teaspoon [F]
- Paprika $\frac{1}{2}$ teaspoon [F]
- Raw pecans $\frac{3}{8}$ cup [E]
- Poppy seeds 2 $\frac{1}{4}$ teaspoons [E]
- Kosher salt 1 teaspoon [E,I]
- Salt $\frac{1}{2}$ teaspoon [F]
- Sea Salt pinch [D]
- Salt and pepper to taste [C,H]
- Sesame Oil 1 tablespoon [B]
- Sesame seeds to garnish 1 tablespoon [B]
- Baking soda 1 teaspoon [D]
- Cooking spray [C]
- Toothpicks [I]

Baking (Cont...)

- Vanilla extract 2 teaspoons [D]

Breakfast

- Old-fashioned rolled oats 1 cup [D]

Canned Goods

- Sliced chili 2 tablespoons [B] *or to taste*
- Minced canned chipotle chilies in adobo sauce 1 teaspoon [C]
- Marinara sauce 2 cups [H]
- Light mayonnaise $\frac{1}{4}$ cup [C]
- Low fat mayonnaise 1 tablespoon [C]
- Salsa 1 $\frac{1}{2}$ cups [A]
- Ro-Tel Diced Tomatoes and Green Chiles $\frac{1}{2}$ (10-oz) can [G] *drained*

Condiments

- Balsamic vinegar 2 tablespoons [E]
- Dijon mustard $\frac{1}{4}$ teaspoon [E]

Dairy

- Cheddar cheese 4 slices [I] *(cut in half 3 oz)*
- Cheddar cheese shredded 1 $\frac{1}{2}$ cups [A]
- Sharp cheddar cheese $\frac{3}{4}$ cup [G] *shredded (or Mexican blend)*
- Shredded mozzarella cheese $\frac{1}{2}$ cup [H]
- Egg 1 large [I]
- Eggs large 9 [A]
- Eggs room temperature 2 medium [D]

FAVORITE STORE (CONT...)

Dairy (Cont...)

- Whole egg plus 1 egg white 1 [C] (*beaten*)

Deli

- Crumbled feta cheese – buy the block-style feta $\frac{3}{8}$ cup [E] *not pre-crumbled; the texture is much better*

Dry Goods

- Bread crumbs $\frac{1}{4}$ cup [F] (*see **)
- Gluten-free seasoned breadcrumbs $\frac{3}{4}$ cup [I] *or whole wheat*
- Olive oil spray [A,I]
- Uncooked whole wheat pasta any short shape will work 1 $\frac{1}{2}$ cups [H]
- Black pepper $\frac{1}{3}$ teaspoon [E,F]
- Pepper to taste [A]
- Roasted peppers 1 tablespoon [C] (*jarred*)
- Baking powder 1 $\frac{1}{2}$ teaspoons [D]
- Cooked brown rice 2 cups [B] *or quinoa*
- About 13 reduced fat Ritz crackers $\frac{1}{2}$ cup [C] *crushed*
- Italian seasoning 1 teaspoon [H]
- Low-sodium soy sauce $\frac{1}{4}$ cup [B]
- Envelope (3 tablespoons) taco seasoning $\frac{1}{2}$ [G]

Frozen

- Wonton wrappers 12 [G]

Meat

- Lean ground beef $\frac{1}{2}$ pound [G] *browned and drained*
- Boneless skinless chicken breasts 1 pound [F] (*roughly 2 large*)
- Skinless boneless chicken breasts 1 $\frac{1}{2}$ pounds [B] *or thighs diced into 1-inch cubes*
- Thin chicken breast cutlets 8 [I] (*about 3 to 4 ounces each*)
- Lump crab meat 9 ounces [C] (*picked free of shells*)
- Ground turkey 1 pound [H]

Misc.

- Water 1 $\frac{5}{8}$ cups [H,I]

Produce

- Very ripe bananas 4 large [D]
- Broccoli Florets fresh 4 cups [B] *or frozen*
- Finely chopped broccoli floret 2 cups [I]
- Fresh cilantro 2 tablespoons [C] (*or parsley*)
- Garlic Cloves finely grated 2 [B]
- Fresh ginger finely grated 2 tablespoons [B]
- Lime $\frac{1}{2}$ [C] (*juiced*)
- Fresh lime juice 1 teaspoon [C]
- Diced onion $\frac{1}{2}$ cup [H]

— FAVORITE STORE (CONT...) —

Produce (Cont...)

- Red onion – very thinly sliced ¼ small [E]
- Sliced green onions 2 tablespoons [B]
- Freshly squeezed orange juice ¼ cup [B]
- Chopped parsley 1 tablespoon [H]
- Finely chopped red bell pepper 2 tablespoons [C]
- Red potatoes cubed 3 pounds [A]
- Finely chopped scallions 2 [C]
- Fresh baby spinach – I also love a 50/50 arugula and spinach blend 5 ounces [E]
- Strawberries – hulled and quartered ½ quart [E] (about 1 pound)

Spices

- Garlic powder ⅛ teaspoon [F]

— RECIPE KEY —

Monday, May 11

- [A] Hearty Make Ahead Breakfast Bowls
- [B] Teriyaki Chicken Meal Prep Bowl Recipe
- [C] Baked Lump Crab Cakes with Red Pepper Chipotle Lime Sauce

Tuesday, May 12

- [D] Healthy Oatmeal chocolate chip banana bread
- [E] Spinach Strawberry Salad
- [F] 20 Minute Air Fryer Chicken Breast

Spices (Cont...)

[G] Crunchy Taco Cups

Wednesday, May 13

[H] Skinny Lasagna Skillet

Thursday, May 14

[I] Chicken Roll Ups with Broccoli and Cheese