

FAVORITE STORE

Bakery

- Burrito sized tortillas** 4 [E] (*corn tortillas for gluten-free*) warmed
- Soft taco-size low carb flour tortilla** 3 [B,B2,B3]

Baking

- Buckwheat flour** $\frac{1}{2}$ cup [A]
- Dark chocolate chips** $\frac{1}{3}$ cup [A] (*+ more for topping*)
- Cider vinegar** 1 tablespoon [F]
- Coconut oil** 3 tablespoons [A] *melted*
- Coconut sugar** $\frac{3}{8}$ cup [A,D] (*or low-calorie sweetener*)
- Gluten-free Flour** 1 teaspoon [G]
- Honey** 2 tablespoons [A]
- Ground oat flour*** $\frac{1}{2}$ cup [A]
- Olive oil** 3 tablespoons [C,F]
- Kosher Salt** 1 teaspoon [C]
- Cooking spray** [D]
- Packed brown sugar** 2 tablespoons [F]
- Tbps Coconut Flour** 4 [D]
- Vanilla extract** 1 teaspoon [D]

Breakfast

- Maple syrup and fresh berries** [D] (*use sugar-free syrup for keto*)

Canned Goods

- Applesauce** $\frac{1}{4}$ cup [A]
- Light mayonnaise** 3 tablespoons [B,B2,B3]
- Salsa verde** $\frac{1}{4}$ cup [E]

Condiments

- Dijon mustard** 2 teaspoons [F]

Dairy

- Butter** 2 tablespoons [G] *or Ghee*
- Freshly grated Parmesan cheese** $\frac{1}{2}$ cup [C]
- Monterey Jack cheese** 1 cup [E] *shredded*
- Heavy Cream** 1 cup [G]
- Sour cream** $\frac{1}{4}$ cup [E] *or greek yogurt*
- Eggs** 4 [D]
- Egg whites** 2 large [A]
- Almond milk** 1 cup [D] *or skim milk, (unsweetened for Keto)*
- Unsweetened almond milk** $\frac{1}{4}$ cup [A]

Deli

- (1 oz) Never Any! Oven Roasted Turkey** 6 slices [B,B2,B3]

Dry Goods

- Cayenne Powder** 1 teaspoon [G]
- Chili Flakes** 1 teaspoon [G] *or to taste*
- Rolled oats** 1 $\frac{1}{2}$ cups [A]
- Ground pepper** $\frac{1}{2}$ teaspoon [F]

— FAVORITE STORE (CONT...) —

Dry Goods (Cont...)

- Baking powder** 2 ½ teaspoons [A,D]
- Sea salt and pepper** [G] *to taste*
- Soy sauce** ½ cup [F]
- Worcestershire sauce** 1 tablespoon [F]

Frozen

- Frozen broccoli florets** 12 ounces [C] *or fresh*

Meat

- Appleton Farms Center Cut Bacon** 6 slices [B,B2,B3] *(or turkey bacon, cooked and cut in half)*
- Cooked chicken** 1 pound [E] *sliced or shredded*
- 7-ounce boneless, skinless chicken breasts** 6 [C]
- Shrimp peeled and deveined** 1 ½ pounds [G]
- Lean steak such as beef tenderloin** 1 pound [F] *sirloin or New York Strip, cut into 1 ½ inch pieces*

Misc.

- Whey Protein** 4 scoops [D] *(Vanilla Flavor)*

Produce

- Avocado** 1 large [E] *diced*
- Avocado** 3 ounces [B,B2,B3] *(1/4 small)*
- Banana** 1 medium [A] *ripe and mashed*

Produce (Cont...)

- Freshly chopped basil leaves picked and chopped** [G] *A handful of*
- Carrot sticks** [B,B2,B3]
- Cilantro** 2 tablespoons [E] *chopped*
- Diced colored bell peppers** 2 cups [F]
- Organic mini cucumbers** [B,B2,B3]
- Garlic Cloves pressed** 4 [G]
- Garlic cloves** 2 [C] *(minced)*
- Lemon Zest** 1 ½ teaspoons [G]
- Chopped fresh parsley** ¼ cup [C]
- Chopped parsley** 2 tablespoons [F]
- Chopped Romaine lettuce** ¾ cup [B,B2,B3]
- Organic strawberries and blueberries** [B,B2,B3]
- Chopped tomato** ⅜ cup [B,B2,B3]
- Sun-dried Tomatoes Chopped** ¼ cup [G]

Spices

- Garlic powder** ¼ teaspoon [C]
- Italian Seasoning Mix** 1 tablespoon [G]

— RECIPE KEY —

Monday, May 4

- [A]** Healthy Banana Oatmeal Bars
- [B]** BLT Roll Ups with Turkey and Avocado
- [C]** One Pan Parmesan-Crusted Chicken with Broccoli

Tuesday, May 5

RECIPE KEY (CONT...)

Spices (Cont...)

[D] Fluffy Protein Waffles Recipe

[E] Chicken and Avocado Burritos

Wednesday, May 6

[B²] BLT Roll Ups with Turkey and Avocado

[F] Pepper Steak Kabobs

Thursday, May 7

[G] Creamy Garlic Tuscan Shrimp

Friday, May 8

[B³] BLT Roll Ups with Turkey and Avocado