

FAVORITE STORE

- Arrowroot + 1 tablespoon water + remaining sauce 4 $\frac{1}{2}$ teaspoons [C]

Bakery

- Soft taco-size low carb flour tortilla 2 [F,F2]

Baking

- Bay leaf 1 [A]
- Cayenne pepper $\frac{3}{8}$ teaspoon [H]
- Cocoa powder* 2 tablespoons [B]
- Raw honey 3 tablespoons [C]
- Pure maple syrup 1 tablespoon [B]
- Olive oil $\frac{1}{3}$ cup [C,E,H]
- Olive oil divided 2 tablespoons [D]
- Kosher salt $\frac{1}{2}$ teaspoon [H]
- Salt 1 teaspoon [A]
- Salt and pepper to taste [A]
- Vanilla extract* $\frac{1}{2}$ teaspoon [B]

Breakfast

- Rolled (old fashioned) oats 1 cup [B]

Canned Goods

- Chicken broth 6 cups [A]
- Light mayonnaise 2 tablespoons [F,F2]
- Salsa 1 $\frac{1}{2}$ cups [E]
- Sauce [C]
- Diced tomatoes and green chiles Ro-Tel 10 ounces [G]

Dairy

- Cheddar cheese 1 $\frac{1}{2}$ cups [E] *(shredded)*
- Cream cheese softened 6 ounces [D]
- Parmesan cheese [A] *for serving*
- Sharp cheddar cheese shredded 1 $\frac{1}{2}$ cups [G] *or Mexican blend*
- Shredded mozzarella cheese 1 cup [D]
- Eggs 9 [E] *(large)*

FAVORITE STORE (CONT...)

Dairy (Cont...)

- Unsweetened almond milk 1 cup [B] *(or any milk you prefer)*

Deli

- (1 oz) Never Any! Oven Roasted Turkey 4 slices [F,F2]

Dry Goods

- Olive oil spray [E]
- Orzo 1 cup [A]
- Sweet paprika 1 $\frac{1}{2}$ teaspoons [H]
- Dried parsley flakes 1 tablespoon [A]
- Pepper to taste [E]
- Rice [C]
- Uncooked brown rice 1 $\frac{1}{2}$ cups [C] *(or jasmine rice)*
- Italian seasoning 1 teaspoon [D]
- Taco seasoning 3 tablespoons [G]
- Ground thyme 1 teaspoon [A]

Frozen

- Raw (or frozen) broccoli florets 3 cups [C]
- Wonton wrappers 24 [G]

Meat

- Lean ground beef browned and drained 1 pound [G]
- Boneless skinless chicken breasts cut in half lengthwise 3 [D]
- Boneless, skinless chicken thighs 4 [A] *trimmed of fat*
- Skin on salmon fillets 6-ounce 2 [H]
- Raw shrimp 2 $\frac{1}{4}$ pounds [C] *peeled and deveined*
- Turkey sausage patty 6 ea [E]

Misc.

- Low sodium soy sauce $\frac{1}{3}$ cup [C] *(or liquid aminos)*
- Water 1 $\frac{3}{4}$ cups [C]

FAVORITE STORE (CONT...)

Other

- Plain protein powder* ¼ cup [B]

Produce

- Avocado 2 ounces [F,F2] (1/4 small)
- Carrot sticks [F,F2]
- Grated carrots 1 cup [A]
- Diced celery ribs 1 cup [A]
- Organic mini cucumbers [F,F2]
- Garlic 4 ½ teaspoons [C] *minced*
- Garlic minced 3 cloves [D]
- Minced garlic cloves 2 [A]
- Lemon 1 ½ [C] *juice from*
- Lemon medium ½ [H] *cut into wedges*
- Fresh lemon juice ¼ cup [A]
- Grated lemon rind 1 tablespoon [A]
- Lemon zest 4 ½ teaspoons [C]

Produce (Cont...)

- Chopped onion ¾ cup [C]
- Diced yellow onion 1 [A]
- Red bell pepper 1 ½ [C] *sliced*
- Chopped Romaine lettuce ½ cup [F,F2]
- Baby spinach leaves 2 cups [D]
- Organic strawberries and blueberries [F,F2]
- Chopped tomato ¼ cup [F,F2]
- Vegetable 1 ½ cups [C] *or chicken stock*

Spices

- Garlic powder ½ teaspoon [H]
- Dried oregano ½ teaspoon [H]

RECIPE KEY

Sunday, Jan 3

[A] Recipe for Slow Cooker Chicken Lemon Orzo Soup

Monday, Jan 4

[B] Chocolate Protein Overnight Oats

— **RECIPE KEY** *(CONT...)* —

Spices *(Cont...)*

[C] Honey Lemon Shrimp Recipe With Veggies

[D] Cheesy Chicken Spinach Bake

Tuesday, Jan 5

[E] Hearty Make Ahead Breakfast Bowls (no potatoes)

[F] BLT Roll Ups with Turkey and Avocado

[G] Crunchy Taco Cups

Thursday, Jan 7

[F²] BLT Roll Ups with Turkey and Avocado

[H] 10-Minute Blackened Salmon