

FAVORITE STORE

- Meat and veggies (for pizza)** 2 cups *your choice*

Baking

- Almond flour** 2 cups
- Arrowroot powder** $\frac{1}{4}$ cup
- Coconut oil** $\frac{1}{4}$ cup
- Honey** $\frac{1}{4}$ cup
- Chopped nuts or seeds** $\frac{3}{8}$ cup
- Olive oil** 1 $\frac{1}{3}$ cups *or lard for greasing wire rack*
- Brown sugar** $\frac{1}{3}$ cup

Canned Goods

- 15 ounce can black beans** 1 *rinsed and drained*
- Canned corn (if frozen)** 1 cup *or fresh, frozen, defrost for recipe*
- Natural Peanut or Butter**
- Tomato sauce** 1 cup

Condiments

- BBQ or Buffalo sauce** *for chicken fingers (no corn syrup or veg. oil in ingredients)*
- Salad Dressing**

Dairy

- Almond milk, coconut milk, milk, or water** 11 cups
- Butter** 8 $\frac{1}{4}$ teaspoons *melted*

Dairy (Cont...)

- Slice Cheddar Cheese** 6
- Sour cream** 1 cup
- Eggs** 12 whole
- Shredded mozerella cheese** 2 cups
- Plain greek yogurt** 3 cups

Deli

- Hummus**

Dry Goods

- Cayenne pepper** $\frac{1}{4}$ teaspoon *(or more if you like it spicy)*
- Ground cinnamon** $\frac{3}{4}$ teaspoon
- Cumin** 1 tablespoon
- Garlic powder** $\frac{1}{2}$ teaspoon
- Paprika** 1 teaspoon
- Black pepper**
- Crushed red pepper flakes** *dash optional*
- Protein powder** 9 serving
- Dry quinoa** 3 cups
- Salt and pepper**
- Sea salt** 1 tablespoon
- Sesame seeds** 2 tablespoons
- Steel-cut oats** 1 $\frac{1}{2}$ cups

Frozen

- Ezekial English Muffin** 6
- Frozen fruit** 1 $\frac{1}{2}$ cups

— FAVORITE STORE (CONT...) — Produce (Cont...)

Frozen (Cont...)

- Frozen salmon fillets 1 $\frac{1}{4}$ pounds or fresh

Meat

- Chicken breasts 1 pound boneless, skinless
- Chicken sausage 1 serving
- Chicken tenderloins 1 pound
- Fresh halibut fillets 2 (about 1 1/2 pounds total)
- Ground turkey 2 pounds
- Slices Turkey Breast 6

Misc.

- Balsamic vinegar 2 cups
- Pizza dough 1 pound store-bought or home made
- Teriyaki sauce $\frac{1}{2}$ cup
- Red wine vinegar $\frac{1}{4}$ cup
- Worcestershire sauce 5 dashes

Produce

- Apple 2
- Asparagus tough ends trimmed and cut in half
- Avocado 5 sliced
- Baby Carrots
- Packed fresh basil leaves 1 tablespoon roughly chopped and packed

- Berries 2 cups
- Head of Boston or Bibb lettuce leaves 1 large
- Broccoli florets 1 head or 1 bag frozen
- Brussel sprouts cut in half
- Celery
- Cherry tomatoes halved
- Cilantro 2 cups chopped
- Cloves garlic 4
- Dried cranberries $\frac{3}{4}$ cup
- Cucumber 2
- Garlic 4 cloves minced (I use 2)
- Diced or grape tomatoes 1 $\frac{1}{2}$ cups
- Greens (Spinach/Kale/ect.) 14 cups
- Lime Juice 2 tablespoons
- Mushroom $\frac{1}{2}$ cup
- Green onions 6
- Onion 2 medium sliced
- Red onion $\frac{1}{2}$ cup finely chopped
- Bell peppers: any color or a mixture 2
- Pico de gallo 1 cup or salsa
- Sweet potato 2 medium