

MONDAY



Overnight Oats with Yogurt Recipe

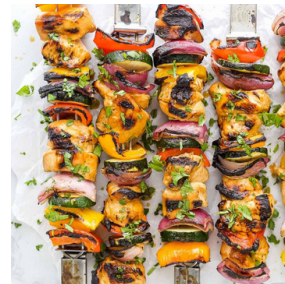


Nutty Teriyaki Salmon with Fresh Asian Noodle Salad

TUESDAY



Peanut Butter Banana Smoothie Recipe

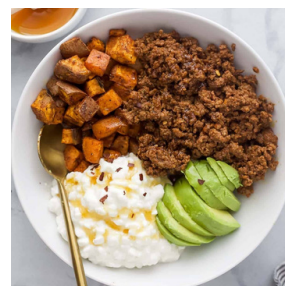


Grilled Chicken Kabobs With Pineapple Marinade

WEDNESDAY

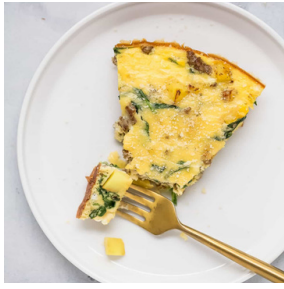


Easy Banana Bread Energy Balls



Hot Honey Ground Beef Bowls

THURSDAY



Sausage Potato Frittata Recipe



The Ultimate Turkey Burger Patties

FRIDAY



Fluffy Strawberry Pancakes Recipe



Ultimate Cast Iron Cowboy Steak
with Chimichurri



Grocery List

Pantry

- Regular Oats 1 cups
- Chia Seeds 2 tbsp
- Honey 4 tbsp
- Avocado oil 5 tbsp
- Thin rice noodles 8.8 oz
- Tamari sauce 7.333 tbsp
- Rice vinegar 2 tbsp
- Toasted sesame oil 2 teaspoons
- Corn starch 0.5 tablespoon
- Vanilla Extract 0.5 tsp
- Ground Flaxseed 1 tbsp
- Peanut Butter 2 tbsp
- Lime Juice 2 tbsp
- Gluten Free Oats 2 cups
- Almond Butter 0.25 cups
- Chopped Pecans 0.5 cups
- No Salt Add Tomato Sauce 3 tbsp
- Avocado Oil 5 tbsp
- Salt 3 tsp
- Hot Honey 8 tbsp
- Dijon mustard 1 tbsp
- Almond Flour 0.25 cups
- Bob's Red Mill Homestyle Pancake & Waffle Mix 1 cups
- Sugar 0.5 tbsp

Produce

- Red pepper 1 count
- Broccolini 3 cups
- Green onions 0.5 cups
- Garlic 7 cloves
- Banana 1 large
- Red Pepper 1 each
- Orange Pepper 1 each
- Yellow Pepper 1 each
- Zucchini 1 each
- Red Onion 2 each
- Mashed Banana 0.5 cups
- Dry Pitted Dates 0.5 cups
- Diced Sweet Potatoes 4 cups
- Avocados 2 count
- Yukon Gold Potatoes 1.5 cups
- Spinach 2 cups
- Finely Diced Red Onion 0.33 cups
- Garlic Cloves 3 cloves
- Sliced Fresh Strawberries 2 cups

Spices & Seasonings

<input type="checkbox"/> Ground Cinnamon	1.5 tsp
<input type="checkbox"/> Fresh ginger	2 teaspoons
<input type="checkbox"/> Sriracha	1 teaspoon
<input type="checkbox"/> Cinnamon	1.75 tsp
<input type="checkbox"/> Smoked Paprika	1.5 tsp
<input type="checkbox"/> Siete Taco Seasoning	2.5 tbsp
<input type="checkbox"/> Garlic Powder	0.5 tsp
<input type="checkbox"/> Black Pepper	0.5 tsp
<input type="checkbox"/> Dried Parsley	1 tbsp
<input type="checkbox"/> Ground Cumin	0.5 tbsp

Other

<input type="checkbox"/> Ice Cubes	0.5 cups
<input type="checkbox"/> Vital Proteins Collagen Peptides	2 scoops
<input type="checkbox"/> Vanilla Protein Powder	1 scoop
<input type="checkbox"/> Water	4.5 cups
<input type="checkbox"/> Lemon Zest	0.5 tsp
<input type="checkbox"/> Maple Syrup	1 tbsp
<input type="checkbox"/> Vanilla Bean Paste	1 tsp

Beverages

<input type="checkbox"/> Pineapple Juice	1 cups
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Dairy & Eggs

<input type="checkbox"/> Vanilla Two good Yogurt	1 cups
<input type="checkbox"/> Unsweetened Oat Milk	1 cups
<input type="checkbox"/> Unsweetened Almond Milk	0.75 cups
<input type="checkbox"/> Cottage Cheese	2 cup
<input type="checkbox"/> Eggs	10 count
<input type="checkbox"/> Milk	0.5 cups
<input type="checkbox"/> Grated Parmesan Cheese	0.5 cups
<input type="checkbox"/> Egg Whites	2 each
<input type="checkbox"/> Mascarpone	8 oz

Meat & Seafood

<input type="checkbox"/> Salmon	1.5 lbs
<input type="checkbox"/> Boneless skinless Chicken Breast	1.5 pounds
<input type="checkbox"/> Ground Beef	1 lb
<input type="checkbox"/> Jimmy Dean Pork Sausage	8 ounces
<input type="checkbox"/> Ground Turkey Meat	2 pounds
<input type="checkbox"/> Cowboy Steak	1.5 pounds

Shop ingredients on 

Shop ingredients on 