

MONDAY



Easy Strawberry Oatmeal Bars



Cowboy Hamburger Sliders

TUESDAY



Ultra



Taco Salad Bowl

WEDNESDAY



Freezer Breakfast Burrito



Pulled Pork Sliders with Red Cabbage & Avocado

THURSDAY



Decadent Dark Chocolate Chia
Pudding



Easy BBQ Grilled Chicken Salad
Recipe

FRIDAY



Easy Sweet Potato Hash Brown Egg
Cups



Chicken Caprese Recipe



Grocery List

Produce

- Sliced Fresh Strawberries 3 cups
- Fresh Lemon Juice 1 tbsp
- Onion 1 large
- Avocado 3 large
- Banana 0.5 count
- Garlic 3 cloves
- Diced Red Onion 0.5 cups
- Romaine Lettuce 1 count
- Red Pepper 0.5 cups
- Yellow Onion 0.5 cups
- Baby Spinach 2 cups
- Dates 3 count
- Diced Chives 1 tbsp
- Fresh Basil 0.5 cups
- Sweet Potatoes 3 cups
- Fresh Cilantro 1 cup
- Cherry Tomatoes 2 cups

Pantry

- White Whole Wheat Flour 3.5 cups
- Regular Oats 1.5 cups
- Honey 2 tbsp
- Brown Sugar 0.25 cups
- Vanilla Extract 2 tsp
- Olive Oil 2.25 tbsp
- Balsamic Vinegar 2.5 tbsp
- BBQ Sauce 4 tbsp
- Oats 0.25 cups
- Low Sodium Black Beans 15 oz
- Grape seed oil 1 tbsp
- Tomato Sauce 15 oz
- Balsamic vinegar 0.5 cups
- Dijon Mustard 3 teaspoons
- Avocado Oil 1 tbsp

Spices & Seasonings

- Ground Cinnamon 2 tsp
- Salt 1 pinch
- Pepper 1 count
- Cumin 2 tbsp
- Smoked Paprika 2.625 tsp
- Ancho Chili Powder 1 tsp
- Chili Powder 2 tsp
- Onion Powder 1 tsp
- Sea salt 0.5 tbsp
- Black Pepper 1 tsp
- Garlic Powder 0.5 tsp
- Dry Rosemary 0.5 tbsp

Other

- Ice 0.5 cups
- Vanilla Protein Powder 1 scoop
- Guacamole 1 serving
- Pico de Gallo 1 serving
- Pickled Onions 1 serving
- Pickled Jalapenos 1 serving

Frozen Foods

- Frozen Strawberries 5 count
- Frozen Corn 1.5 cups

Beverages

- Water 0.5 cups

Dairy & Eggs

- Unsalted Butter 6 tbsp
- Unsweetened Almond Milk 2.25 cups
- Sour Cream 1 serving
- Eggs 16 each
- Egg Whites 1 cups
- Fresh Mozzarella 4 ounces

Meat & Seafood

- Burger Slider Patties 8 each
- Bacon 8 slices
- Lean Ground Beef 2 pounds
- Boneless pork loin 2.5 pounds

Bakery

- Slider Buns 8 each

Shop ingredients on 

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