

MONDAY



Easy Chocolate Peanut Butter
Baked Oatmeal



Cilantro Lime Grilled Chicken

TUESDAY



Peanut Butter Banana Smoothie
Recipe



Beer Battered Air Fryer Fish Tacos

WEDNESDAY



Healthy Zucchini Muffins (So
Moist!)

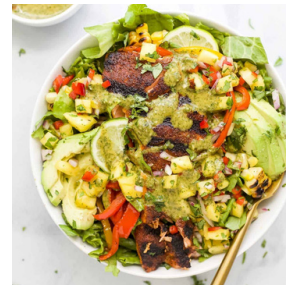


Southwestern Turkey Burgers

THURSDAY



How to Make Strawberry Chia
Pudding



Easy Blackened Grilled Salmon
Salad

FRIDAY



Fluffy Pancake Recipe With
Strawberry Compote Vanilla...



Ultimate Cast Iron Cowboy Steak
with Chimichurri



Grocery List

Produce

- Banana 2 each
- Lime Juice 3.5 tbsp
- Fresh Cilantro 3.25 cups
- Avocados 6 each
- Garlic Clove 2 cloves
- Jalapeno 1 count
- Fresh cilantro 1 bunch
- Grated Zucchini 1.25 cups
- Onion 0.25 cups
- Fresh Cilantro 2 tablespoons
- Garlic 4 cloves
- Avocados 2 count
- Lime Juice 1 each
- Roasted Piquillo Peppers 2 count
- Chipotle Peppers 1 small
- Roma Tomato 1 count
- Butter or Boston Lettuce 1 count
- Fresh Strawberries 1 cups
- Diced pineapple 1.5 cups
- Diced red pepper 0.33 cups
- Diced red onion 0.25 cups
- Fresh cilantro, diced 0.25 cups
- Lime juice 1 count
- Red onion 1 tbsp
- Red pepper 1 whole
- Yellow pepper 1 whole
- Corn 2 ears
- Avocado, sliced 1 large
- Garlic 5 heads

Pantry

- Rolled Oats 0.5 cups
- Peanut Butter 3 tbsp
- Maple Syrup 1 cups
- Baking Powder 1.5 tsp
- Chocolate Chips 1 tbsp
- Olive Oil 5 tbsp
- Red Wine Vinegar 2 tbsp
- Vanilla Extract 2.5 tsp
- Ground Flaxseed 1 tbsp
- Chia Seeds 1.25 tbsp
- All-purpose flour 0.75 cups
- Cornstarch 0.75 cups
- Whole Wheat Flour 1.5 cups
- Unsweetened Applesauce 0.25 cups
- Coconut Oil, Melted 0.33 cups
- Almond Flour 0.25 cups
- Mayo 0.5 cups
- Raw Honey 2 tbsp

Spices & Seasonings

- Cinnamon 1.25 tsp
- Salt 1.5 teaspoon
- Ground Cumin 3 teaspoons
- Red Pepper Flakes 1 tsp
- Chipotles in adobo sauce 1 tsp
- Smoked paprika 1.125 tsp
- Garlic powder 1.25 tsp
- Onion powder 0.5 tsp
- Pepper 2.5 tsp
- Baking Soda 0.5 tsp
- Ground Nutmeg 0.5 tsp
- Vanilla Bean Paste 1 tsp
- Sea salt 1.25 tsp

Meat & Seafood

- Boneless Chicken Breast 1.5 pounds
- Fresh cod 1 lb
- Ground Turkey 2 pounds
- Salmon filets 1 pounds
- Cowboy Steak 1.5 pounds

Alcohol

- Modelo beer 0.67 cups

Dairy & Eggs

- Unsweetened Almond Milk 0.75 cups
- Sour cream or plain yogurt 1 cups
- Egg 2 each
- Crumbled queso fresco 1 cups
- Egg Whites 2 each
- Full Fat Coconut Milk 13.5 oz
- Butter 2 tbsp

Other

- Ice Cubes 0.5 cups
- Vital Proteins Collagen Peptides 2 scoops
- Corn Tortillas 1 count
- Creamy Coleslaw for Fish Tacos 1 cups

Bakery

- Buns 6 count

Shop ingredients on 

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