

MONDAY



Protein French Toast



Easy Turkey Taco Lettuce Wraps
with Cilantro Lime Crema

TUESDAY



Peanut Butter Banana Smoothie
Recipe



Chicken Burrito Bowl Recipe

WEDNESDAY



Protein Overnight Oats

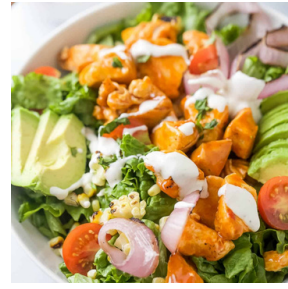


Fresh Salmon Poke Bowl with Spicy
Mayo

THURSDAY



The Best Tropical Green Smoothie
Recipe



Buffalo Chicken Salad Recipe

FRIDA



Croissant Breakfast Casserole with
Sausage



The Best Marinated Steak Kabobs
Recipe



Grocery List

Produce

- Diced red onion 1 cup
- Garlic 5 cloves
- Cilantro 1.25 cup
- Lime juice 3 tbsp
- Diced avocado 1 each
- Cherry tomatoes 1.5 cups
- Butter Lettuce 10 leaves
- Fresh cilantro 2 tbsp
- Banana 2.5 large
- Corn 6 ears
- Avocado 3 count
- Cherry tomatoes 1 pint
- Red onion 1 head
- Red leaf lettuce 1 head
- Yellow Onion 1 cup
- Red Pepper 0.5 cup
- Green Onions 1 bunch
- Parsley 1 bunch
- Green Peppers 2 each
- Red Peppers 2 each
- Red Onion 3 each
- Baby Yukon Potatoes 1 pound
- Baby Bella Mushrooms 1 pint

Pantry

- Avocado oil 3 tbsp
- Salt 2.25 tsp
- Pepper 0.75 tsp
- Ground Flaxseed 1 tbsp
- Chia Seeds 3 tsp
- Peanut Butter 2 tbsp
- Avocado oil 1 tbsp
- Cooked jasmine rice 4 cups
- Low sodium black beans 0.75 cups
- Rolled Oats 0.5 cups
- Franks Red Hot Sauce 1.33 cups
- Dijon Mustard 3 tbsp
- Olive Oil 0.25 cups
- Tamari Sauce 2 tbsp
- Worcestershire Sauce 2 tbsp

Spices & Seasonings

<input type="checkbox"/> Vanilla Extract	1 tsp
<input type="checkbox"/> Cinnamon	1.75 tsp
<input type="checkbox"/> Nutmeg	0.25 tsp
<input type="checkbox"/> Cumin	3 tbsp
<input type="checkbox"/> Smoked paprika	2.75 tsp
<input type="checkbox"/> Ancho chili powder	2 tsp
<input type="checkbox"/> Chili powder	2.5 tsp
<input type="checkbox"/> Onion powder	1 tsp
<input type="checkbox"/> Ground cinnamon	0.5 tsp
<input type="checkbox"/> Garlic powder	0.5 tbsp
<input type="checkbox"/> Ground coriander	1 tsp
<input type="checkbox"/> Black pepper	0.75 tsp
<input type="checkbox"/> Dry Oregano	1 tbsp
<input type="checkbox"/> Dry Rosemary	1 tsp

Other

<input type="checkbox"/> Vanilla Protein Powder	1.33 cups
<input type="checkbox"/> Cooking Spray	1 count
<input type="checkbox"/> Ice Cubes	0.5 cups
<input type="checkbox"/> Vital Proteins Collagen Peptides	2 scoops
<input type="checkbox"/> Homemade Pico de Gallo	1 count
<input type="checkbox"/> Water	0.5 cups
<input type="checkbox"/> Fresh Lemon Juice	2 tbsp

Bakery

<input type="checkbox"/> Bread	8 slices
<input type="checkbox"/> Croissants	4 large

Dairy & Eggs

<input type="checkbox"/> Oat Milk	0.5 cups
<input type="checkbox"/> Egg	6 count
<input type="checkbox"/> Egg Whites	0.5 cups
<input type="checkbox"/> Plain greek yogurt	0.5 cup
<input type="checkbox"/> Unsweetened Almond Milk	1.25 cups
<input type="checkbox"/> Unsweetened Vanilla Almond Milk	0.25 cups
<input type="checkbox"/> Ranch dressing	8 tbsp
<input type="checkbox"/> Unsalted Butter	1 tbsp
<input type="checkbox"/> Shredded Cheddar Cheese	1 cup

Meat & Seafood

<input type="checkbox"/> Lean ground turkey	1.5 lbs
<input type="checkbox"/> Boneless skinless chicken breast	1 pounds
<input type="checkbox"/> Jimmy Dean All Natural Ground Sausage	1 lb
<input type="checkbox"/> Beef Tenderloin (Ribeye or Top Sirloin)	2 pounds

Shop ingredients on 

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