joyful healthy EATS

MP - Week 22

MONDAY

High Protein Sheet Pan Pancakes

The Best Grilled Salmon Burgers with Lemon Garlic Aioli

TUESDAY

Ultra

Rotisserie Chicken Tacos Recipe

WEDNESDAY

Protein Overnight Oats

Spice Rub Baked Salmon With Avocado Salsa

THURSDAY

Sweet Potato Hash Recipe

Carne Asada Recipe

FRIDAY

Baked Egg Cups Recipe

Spicy Shrimp Pasta With Cherry Tomatoes

joyful healthy EATS

Grocery List

Pantry

- [ ] 00 Flour — 2 cups
- [ ] Vanilla Protein Powder — 1.5 cups
- [ ] Baking Powder — 1 tbsp
- [ ] Baking Soda — 0.5 tsp
- [ ] Salt — 3.25 tsp
- [ ] Vanilla Extract — 1 tsp
- [ ] Coconut Oil — 1 tbsp
- [ ] Almond Meal — 0.25 cups
- [ ] Dijon Mustard — 2 tbsp
- [ ] Course Ground Mustard — 1 tsp
- [ ] Oats — 0.75 cups
- [ ] Avocado oil — 1 tbsp
- [ ] Rolled Oats — 0.5 cups
- [ ] Grape seed oil — 1 tbsp
- [ ] Fettucini Pasta — 1 lbs

Produce

- [ ] Shallots — 3 tbsp
- [ ] Garlic — 8 cloves
- [ ] Fresh Dill — 1 tbsp
- [ ] Lemon Zest — 2 tsp
- [ ] Lemon Juice — 1 tbsp
- [ ] Minced Garlic Clove — 2 tsp
- [ ] Banana — 1 count
- [ ] Pico de Gallo — 1 cup
- [ ] Avocado — 3 count
- [ ] Baby Spinach — 4 cups
- [ ] Roasted Red Pepper — 1 count
- [ ] Chopped Chives — 1 count
- [ ] Diced Shallot — 1 cups
- [ ] Cherry Tomatoes — 2 cups
- [ ] Fresh Basil — 0.5 cups

Spices & Seasonings

- [ ] Ground Cinnamon 1.5 tsp
- [ ] Black Pepper 0.25 tsp
- [ ] Chili powder 1 tbsp
- [ ] Smoked paprika 1.5 tbsp
- [ ] Cumin 1 tbsp
- [ ] Garlic powder 1.5 tsp
- [ ] Chia Seed 2 tsp
- [ ] Garlic Powder 0.5 tsp
- [ ] Ground Cumin 0.5 tsp
- [ ] Pepper 2 tsp
- [ ] Cayenne Pepper 0.25 tsp

Dairy & Eggs

- [ ] Eggs 19 each
- [ ] 2% Milk 1 cups
- [ ] Two Good Brand Vanilla Yogurt 1 cups
- [ ] Mayonnaise 0.33 cups
- [ ] Unsweetened Almond Milk 1 cups
- [ ] Queso fresco 0.33 cups
- [ ] Grated Parmesan 0.25 cups

Meat & Seafood

- [ ] Salmon Filet 20 oz
- [ ] Shredded Rotisserie Chicken 3 cups
- [ ] Skirt Steak 2 lbs
- [ ] Proscuitto 12 slices
- [ ] Large Shrimp 1.5 lbs

Other

- [ ] Ice 0.5 cups
- [ ] Vanilla Protein Powder 1 scoop
- [ ] Chunky salsa 1 cup
- [ ] Corn Tortillas 1 count

Frozen Foods

- [ ] Frozen Strawberries 5 count

Beverages

- [ ] Water 0.75 cups

Alcohol

- [ ] White Wine 0.25 cups

Shop ingredients on amazonfresh

Shop ingredients on instacart