

MONDAY



Sausage Potato Frittata Recipe



Grilled Fish Tacos with Mango Salsa
| Joyful Healthy Eats

TUESDAY



Chocolate Banana Muffins



Chicken Cobb Salad

WEDNESDAY



The Best Tropical Green Smoothie
Recipe



Ground Turkey Banh Mi Bowl

THURSDAY



Easy Creamy Peanut Butter Overnight Oats



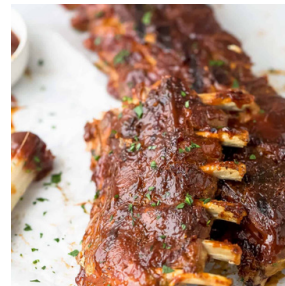
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The Best Marinated Steak Kabobs Recipe

FRIDAY



Bacon Baked Egg in Avocado



Baby Back Ribs Recipe

Grocery List

Produce

- Yukon Gold Potatoes 1.5 cups
- Spinach 3.5 cups
- Fresh Mango 1.5 cups
- Diced Red Onion 0.25 cups
- Diced Fresh Cilantro 0.25 cups
- Diced Jalapeno 1 tbsp
- Fresh Lime Juice 1 tbsp
- Thinly Sliced Purple Cabbage 1 cup
- Avocados 6 count
- Fresh Cilantro 2 cups
- Fresh Oregano 0.25 cups
- Garlic Clove 1 count
- Lime Juice 4 tbsp
- Bananas 5.5 count
- Corn 2 ears
- Spring mix 6 cups
- Cherry tomatoes 0.75 cups
- Avocado 1 large
- Red onion 1.33 cups
- Poblano peppers 0.25 cups
- Garlic 4 cloves
- Green Onion 2 tbsp
- Cilantro 2 tbsp
- Grated Carrots 2 cups
- Sliced Cucumber 2 cups
- Fresh Cilantro 1 bunch
- Sliced Jalapeno 1 each
- Green Peppers 2 each
- Red Peppers 2 each
- Red Onion 2.33 each
- Baby Yukon Potatoes 1 pound
- Baby Bella Mushrooms 1 pint

Pantry

- Dijon mustard 3 tbsp
- Salt 3 tsp
- Olive Oil 5.25 tbsp
- Red Wine Vinegar 3 tbsp
- Maple syrup 0.5 cups
- Coconut oil 2 tbsp
- Dutch processed cocoa powder 0.5 cups
- Whole wheat flour 1 cups
- Baking soda 1 tsp
- Tamari 0.25 cups
- Cornstarch 1 tbsp
- Rice Wine Vinegar 0.5 cups
- Sugar 1 tbsp
- Cooked Rice (Brown or Jasmine) 2 cups
- Gluten Free Oats 0.5 cups
- Chia Seeds 2 tsp
- Peanut Butter 2 tbsp
- Tamari Sauce 2 tbsp
- Worcestershire Sauce 2 tbsp

- Chives 0.25 cups
- Sweet Onion 1 large
- Garlic Cloves 6 cloves

Spices & Seasonings

- Pepper 2 tsp
- Cumin 1.25 tsp
- Garlic Powder 2 tsp
- Smoked Paprika 1.25 tsp
- Ancho Chili Powder 0.25 tsp
- Red Pepper Flakes 1 tsp
- Cinnamon 2.5 tsp
- Minced Ginger 1 tsp
- Sriracha 3 tsp
- Dry Oregano 1 tbsp
- Dry Rosemary 1 tsp
- Black Pepper 0.5 tsp
- Paprika 1 tbsp
- Chili Powder 1 tsp
- Ground Pepper 1 tsp

Meat & Seafood

- Jimmy Dean Pork Sausage 8 ounces
- Cod Filet 1.5 lbs
- Boneless skinless chicken breast 3 each
- Cooked bacon 4 strips
- Beef Tenderloin (Ribeye or Top2 Sirloin) pounds
- Bacon 4 strips
- Pork Loin Ribs (Baby Back) 3 full racks

Dairy & Eggs

- Eggs 19 count
- Milk 0.5 cups
- Grated Parmesan Cheese 0.5 cups
- Hardboiled eggs 3 each
- Queso fresco 0.5 cups
- Plain greek yogurt 5 oz
- Mayo 0.33 cups

Other

- Corn Tortillas 12 count
- Fresh Lemon Juice 2 tbsp
- BBQ Sauce 1 large bottle

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