



MP - Week 26

MONDAY



High Protein Sheet Pan Pancakes



Ground Turkey Banh Mi Bowl

TUESDAY



Decadent Dark Chocolate Chia
Pudding

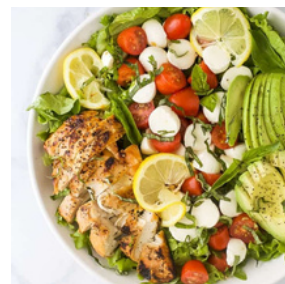


Blackened Salmon Tacos

WEDNESDAY



Easy Banana Chocolate Chip
Oatmeal Bars Recipe



15 Minute Avocado Caprese
Chicken Salad

THURSDAY



Baked Egg Cups Recipe



Chicken Burger

FRIDAY



Bacon Baked Egg in Avocado



Quick & Easy Steak Salad



Grocery List

Produce

☐ Garlic	6 cloves
☐ Green Onion	2 tbsp
☐ Cilantro	3.333 cups
☐ Grated Carrots	2 cups
☐ Sliced Cucumber	2 cups
☐ Avocado	4 each
☐ Fresh Cilantro	1 bunch
☐ Sliced Jalapeno	1 each
☐ Chia Seeds	0.5 cups
☐ Napa cabbage	3 cups
☐ Mango	0.75 cups
☐ Lime	1 each
☐ Garlic clove	1 clove
☐ Fresh cilantro	0.25 cups
☐ Lime juice	1.5 tbsp
☐ Fresh Spring Mix Salad	6 cups
☐ Cherry Tomatoes	1.5 cups
☐ Fresh Diced Basil	0.25 cups
☐ Baby Spinach	4 cups
☐ Roasted Red Pepper	1 count
☐ Chopped Chives	1 count
☐ Chopped Yellow Onion	1 count
☐ Avocados	3 large
☐ Chives	0.25 cups
☐ Fresh Baby Spinach	5 cups
☐ Fresh Green Beans	1 cup
☐ Cherry Tomatoes	1 pint

Pantry

☐ 00 Flour	2 cups
☐ Vanilla Protein Powder	0.5 cups
☐ Baking Powder	2 tbsp
☐ Baking Soda	1 tsp
☐ Salt	3.25 tsp
☐ Vanilla Extract	3 tsp
☐ Coconut Oil	1 tbsp
☐ Sesame Oil	1 tbsp
☐ Tamari	0.25 cups
☐ Cornstarch	1 tbsp
☐ Rice Wine Vinegar	0.5 cups
☐ Sugar	1 tbsp
☐ Cooked Rice (Brown or Jasmine)	2 cups
☐ Dutch Processed Cocoa Powder	5 tbsp
☐ Maple Syrup	4.33 tbsp
☐ Olive oil	6 tbsp
☐ Red wine vinegar	2 tbsp
☐ Rolled Oats	1.5 cups
☐ Gluten Free 1:1 Baking Flour	1.5 cups
☐ Dijon Mustard	4 tbsp
☐ Lemon Juice	1 tbsp
☐ Balsamic Vinegar	3.25 cups
☐ Grape Seed Oil	1 tbsp
☐ Mayonnaise	2 tbsp
☐ Gluten Free Panko	0.25 cups
☐ Raw Walnuts or Pecans	0.25 cups

Spices & Seasonings

☐ Ground Cinnamon	2.5 tsp
☐ Minced Ginger	1 tsp
☐ Sriracha	3 tsp
☐ Smoked paprika	2 tsp
☐ Garlic powder	0.5 tsp
☐ Onion powder	0.25 tsp
☐ Oregano	0.25 tsp
☐ Parsley	0.25 tsp
☐ Black pepper	0.25 tsp
☐ Cayenne pepper	0.125 tsp
☐ Cinnamon	0.125 tsp
☐ Cumin	0.75 tsp
☐ Red pepper flakes	0.125 tsp
☐ Ground Nutmeg	0.5 tsp
☐ Pepper	3 count
☐ Dry Basil	2 tsp
☐ Smoked Paprika	1 tsp

Meat & Seafood

☐ Ground Turkey	1 lb
☐ Salmon filet	1.5 pounds
☐ Boneless Skinless Chicken Breast	1 each
☐ Ground Chicken	2 lbs
☐ Bacon	4 strips
☐ Ribeye Steak	1 each

Bakery

☐ Brioche Buns	6 count
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Dairy & Eggs

☐ Eggs	24 each
☐ 2% Milk	1 cups
☐ Two Good Brand Vanilla Yogurt	1 cups
☐ Mayo	0.33 cups
☐ Unsweetened Almond Milk	2 cups
☐ Fresh Mozzarella Balls	0.5 cups
☐ Butter	1 tbsp
☐ Crumpled Goat Cheese	2 oz

Other

☐ Corn tortillas	14 each
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