



MP - Week 28

MONDAY



Cottage Cheese Egg Bites Recipe



Beef Kabobs Recipe

TUESDAY



High Protein Blueberry Kale Smoothie



Baja Fish Tacos Recipe

WEDNESDAY



Easy Chocolate Peanut Butter Overnight Oats | Joyful Healthy Eats

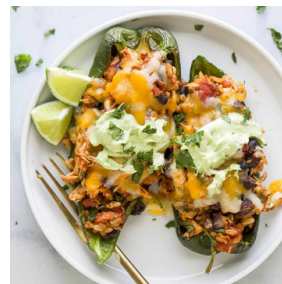


Salmon Cakes Recipe

THURSDAY



Healthy Zucchini Muffins (So Moist!)

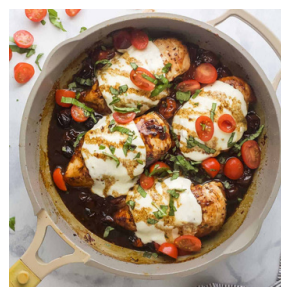


Stuffed Poblano Peppers Recipe

FRIDAY



Bagel and Lox Recipe



Chicken Caprese Recipe

Grocery List

Produce

☐ Diced roasted red pepper	0.5 cups
☐ Fresh chives	0.25 cups
☐ Garlic	5 cloves
☐ Yellow peppers	2 count
☐ Green peppers	2 count
☐ Red onion	1.25 count
☐ Cherry tomatoes	2.5 cups
☐ Whole baby bella mushrooms	1 cups
☐ Banana	1 count
☐ Kale	0.25 cups
☐ Green cabbage	2 cups
☐ Purple cabbage	2 cups
☐ Fresh cilantro	0.5 cup
☐ Avocados	2 each
☐ Garlic clove	1 count
☐ Red pepper	0.5 count
☐ Shallot	1 count
☐ Garlic	5 cloves
☐ Fresh parsley	0.25 cup
☐ Fresh dill	2.5 tbsp
☐ Chives	1 tbsp
☐ Grated Zucchini	1.25 cups
☐ Poblanos	4 each
☐ Garlic	5 cloves
☐ Fresh Cilantro	0.5 cups
☐ Avocado	1 each
☐ Fresh Lime Juice	1.5 tablespoons
☐ Cucumber	0.5 cups
☐ Red Onion	0.25 cups
☐ Cherry Tomatoes	2.5 cups
☐ Fresh Basil	0.5 cups

Pantry

☐ Dijon mustard	3.5 tbsp
☐ Fine salt	0.25 tsp
☐ Balsamic Vinegar	1.5 cups
☐ Olive oil	1.33 cups
☐ Honey	3 tbsp
☐ Salt	3.5 teaspoons
☐ Avocado oil	3 tbsp
☐ Lime juice	3.5 tbsp
☐ Red wine vinegar	2 tbsp
☐ Peanut Butter	2 tbsp
☐ Cocoa Powder	1 tbsp
☐ Chia Seeds	2 tsp
☐ Avocado oil	1 tbsp
☐ Gluten-free panko	0.5 cup
☐ Mayonnaise	0.33 cup
☐ Lemon juice	1 tbsp
☐ Fresh lemon juice	1.5 tbsp
☐ Whole Wheat Flour	1.5 cups
☐ Salt	3.25 tsp
☐ Maple Syrup	0.5 cups
☐ Unsweetened Applesauce	0.25 cups
☐ Coconut Oil, Melted	0.33 cups
☐ Vanilla Extract	2 tsp
☐ Black Beans	15 oz
☐ Brown Rice	1 cup
☐ Diced Fire Roasted Tomatoes	15 oz
☐ Salt	4.5 teaspoons
☐ Avocado Oil	1 tbsp
☐ Balsamic Vinegar	1 thirds cup

Spices & Seasonings

☐ Black pepper	1.5 pinch
☐ Dry rosemary	1 tbsp
☐ Fresh rosemary	2 tbsp
☐ Garlic powder	1.5 tsp
☐ Smoked paprika	2 tsp
☐ Ground cumin	1.25 tsp
☐ Sea salt	0.5 tsp
☐ Ancho chili powder	0.25 tsp
☐ Ground black pepper	0.25 tsp
☐ Cumin	1.5 tsp
☐ Red pepper flakes	0.25 tsp
☐ Cinnamon	0.5 tsp
☐ Pepper	2 count
☐ Smoked paprika	0.5 tsp
☐ Garlic powder	1.5 tsp
☐ Red pepper flakes	0.25 tsp
☐ Baking Powder	1 tsp
☐ Baking Soda	0.5 tsp
☐ Ground Cinnamon	2 tsp
☐ Ground Nutmeg	0.5 tsp
☐ Cumin	1.25 tbsp
☐ Smoked Paprika	1.5 teaspoons
☐ Chili Powder	1 teaspoon
☐ Black Pepper	0.25 teaspoon
☐ Ground Cumin	0.25 teaspoon
☐ Red Pepper Flakes	0.25 teaspoon
☐ Salt	1.75 pinch
☐ Pepper	2 pinch

Dairy & Eggs

☐ Eggs	8 each
☐ Cottage cheese	1 cups
☐ Unsweetened Plain Almond Milk	0.25 cups
☐ Unsweetened Almond Milk	0.625 cups
☐ Unsalted butter	2 tbsp
☐ Plain Greek yogurt	5.3 oz
☐ Egg	1 count
☐ Shredded Mexican Cheese	0.5 cups
☐ Plain Greek Yogurt	0.5 cups
☐ Whipped Cream Cheese	4 ounces
☐ Hard-boiled Eggs	2 each
☐ Fresh Mozzarella	4 ounces

Other

☐ Cooking spray	1 each
☐ Water	0.5 cups
☐ Ice Cubes	0.25 cups
☐ Vanilla Protein Powder	1 scoop
☐ Corn tortillas	16 each
☐ Fresh pico de gallo	1 count
☐ Capers	1 count
☐ Fresh Dill	2 tbsp

Meat & Seafood

☐ Diced ham	0.5 cups
☐ Top sirloin	2 pounds
☐ Cod filets	2 lbs
☐ Salmon	1 lb
☐ Shredded Rotisserie Chicken	2 cups
☐ Smoked Salmon	4 ounces
☐ Boneless Chicken Breasts	4 each

Frozen Foods

☐ Frozen Blueberries	0.5 cups
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Bakery

☐ Everything Bagels	2 each
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Shop ingredients on  **fresh**

Shop ingredients on  **instacart**