



## MP - Week 29

### MONDAY



Baked Egg Cups Recipe

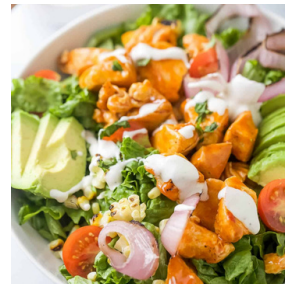


Beef and Broccoli Stir Fry Recipe

### TUESDAY



Morning Glory Muffins Recipe

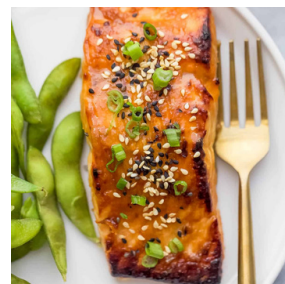


Buffalo Chicken Salad Recipe

### WEDNESDAY



How to Make Strawberry Chia  
Pudding



Miso Salmon

## THURSDAY



Peanut Butter Banana Smoothie  
Recipe



Ground Turkey Banh Mi Bowl

## FRIDAY



Protein French Toast



Cheesy Baked Turkey Meatballs in  
Marinara



## Grocery List

### Pantry

|                                                         |           |
|---------------------------------------------------------|-----------|
| <input type="checkbox"/> Grape Seed Oil                 | 2 tbsp    |
| <input type="checkbox"/> Salt                           | 2.75 tsp  |
| <input type="checkbox"/> Arrowroot                      | 2 tbsp    |
| <input type="checkbox"/> Brown Rice Noodles             | 2 cups    |
| <input type="checkbox"/> Tamari Sauce                   | 2.25 cups |
| <input type="checkbox"/> Honey                          | 3 tbsp    |
| <input type="checkbox"/> Sugar                          | 1.5 cups  |
| <input type="checkbox"/> Brown Sugar                    | 0.25 cups |
| <input type="checkbox"/> Coconut Oil                    | 0.5 cups  |
| <input type="checkbox"/> Vanilla Extract                | 3.5 tsp   |
| <input type="checkbox"/> All Purpose Flour              | 1.5 cups  |
| <input type="checkbox"/> Baking Soda                    | 1.5 tsp   |
| <input type="checkbox"/> Seedless Raisins               | 0.5 cups  |
| <input type="checkbox"/> Pecans                         | 0.5 cups  |
| <input type="checkbox"/> Shredded Coconut               | 0.25 cups |
| <input type="checkbox"/> Franks Red Hot Sauce           | 1.33 cups |
| <input type="checkbox"/> Raw Honey                      | 2 tbsp    |
| <input type="checkbox"/> Chia Seeds                     | 0.25 cups |
| <input type="checkbox"/> Miso paste                     | 0.25 cups |
| <input type="checkbox"/> Rice wine vinegar              | 1.5 tbsp  |
| <input type="checkbox"/> Sesame oil                     | 1 tsp     |
| <input type="checkbox"/> Rice Wine Vinegar              | 0.5 cups  |
| <input type="checkbox"/> Sugar                          | 1 tbsp    |
| <input type="checkbox"/> Cooked Rice (Brown or Jasmine) | 2 cups    |
| <input type="checkbox"/> Gluten Free Panko              | 0.5 cups  |

### Produce

|                                             |          |
|---------------------------------------------|----------|
| <input type="checkbox"/> Baby Spinach       | 4 cups   |
| <input type="checkbox"/> Roasted Red Pepper | 1 count  |
| <input type="checkbox"/> Garlic             | 9 cloves |
| <input type="checkbox"/> Chopped Chives     | 1 count  |
| <input type="checkbox"/> Broccoli Florets   | 4 cups   |
| <input type="checkbox"/> Red Pepper         | 1 count  |
| <input type="checkbox"/> Green Onions       | 2 count  |
| <input type="checkbox"/> Honeycrisp Apple   | 1 each   |
| <input type="checkbox"/> Grated Carrots     | 2.5 cups |
| <input type="checkbox"/> Corn               | 2 ears   |
| <input type="checkbox"/> Cherry tomatoes    | 1 pint   |
| <input type="checkbox"/> Red onion          | 1 head   |
| <input type="checkbox"/> Avocado            | 3 count  |
| <input type="checkbox"/> Red leaf lettuce   | 1 head   |
| <input type="checkbox"/> Fresh Strawberries | 1 cups   |
| <input type="checkbox"/> Green Onion        | 2 tbsp   |
| <input type="checkbox"/> Cilantro           | 2 tbsp   |
| <input type="checkbox"/> Sliced Cucumber    | 2 cups   |
| <input type="checkbox"/> Fresh Cilantro     | 1 bunch  |
| <input type="checkbox"/> Sliced Jalapeno    | 1 each   |
| <input type="checkbox"/> Yellow Onion       | 1 cups   |

## Spices & Seasonings

|                                             |          |
|---------------------------------------------|----------|
| <input type="checkbox"/> Pepper             | 1 count  |
| <input type="checkbox"/> Ground Ginger      | 1.25 tsp |
| <input type="checkbox"/> Spicy Mustard      | 1 tsp    |
| <input type="checkbox"/> Red Pepper Flakes  | 0.5 tsp  |
| <input type="checkbox"/> Ground Cinnamon    | 1.75 tsp |
| <input type="checkbox"/> Vanilla Bean Paste | 1 tsp    |
| <input type="checkbox"/> Garlic powder      | 0.25 tsp |
| <input type="checkbox"/> Minced Ginger      | 1 tsp    |
| <input type="checkbox"/> Sriracha           | 2 tsp    |
| <input type="checkbox"/> Nutmeg             | 0.25 tsp |
| <input type="checkbox"/> Dry Oregano        | 1 tbsp   |
| <input type="checkbox"/> Dry Basil          | 1 tbsp   |
| <input type="checkbox"/> Dry Parsley        | 1 tbsp   |
| <input type="checkbox"/> Fennel Seeds       | 0.5 tsp  |
| <input type="checkbox"/> Black Pepper       | 0.5 tsp  |

## Other

|                                                 |            |
|-------------------------------------------------|------------|
| <input type="checkbox"/> Water                  | 0.33 cups  |
| <input type="checkbox"/> Sesame Seeds           | 1 tbsp     |
| <input type="checkbox"/> Unsweetened Applesauce | 0.333 cups |
| <input type="checkbox"/> Vanilla Protein Powder | 0.33 cups  |
| <input type="checkbox"/> Cooking Spray          | 1 count    |
| <input type="checkbox"/> Marinara Sauce         | 1 jar      |

## Bakery

|                                |          |
|--------------------------------|----------|
| <input type="checkbox"/> Bread | 8 slices |
|--------------------------------|----------|

## Dairy & Eggs

|                                                     |           |
|-----------------------------------------------------|-----------|
| <input type="checkbox"/> Eggs                       | 17 each   |
| <input type="checkbox"/> Ranch dressing             | 8 tbsp    |
| <input type="checkbox"/> Full Fat Coconut Milk      | 13.5 oz   |
| <input type="checkbox"/> Mayo                       | 0.33 cups |
| <input type="checkbox"/> Oat Milk                   | 0.5 cups  |
| <input type="checkbox"/> Egg Whites                 | 0.5 cups  |
| <input type="checkbox"/> Grated Parmesan Cheese     | 0.5 cups  |
| <input type="checkbox"/> Shredded Mozzarella Cheese | 0.75 cups |

## Meat & Seafood

|                                                           |            |
|-----------------------------------------------------------|------------|
| <input type="checkbox"/> Proscuitto                       | 12 slices  |
| <input type="checkbox"/> Flank Steak                      | 1 lb       |
| <input type="checkbox"/> Boneless skinless chicken breast | 1 pounds   |
| <input type="checkbox"/> Salmon                           | 1.5 filets |
| <input type="checkbox"/> Ground Turkey                    | 3 pounds   |

Shop ingredients on 

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