



MP - Week 30

MONDAY



Cottage Cheese Egg Bites Recipe

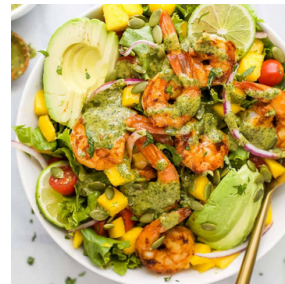


Bbq Chicken Burgers

TUESDAY



Chocolate Banana Muffins

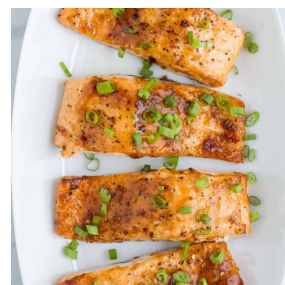


Shrimp Avocado Mango Salad With
Cilantro Lime Dressing

WEDNESDAY

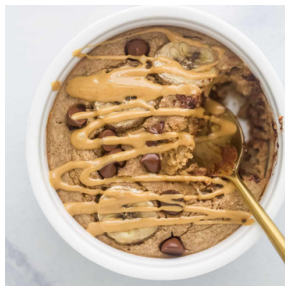


Healthy Vanilla Pudding with Chia
Seeds

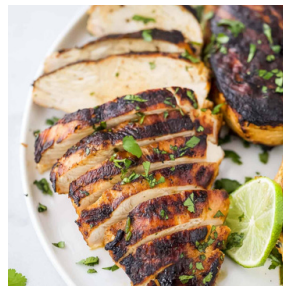


Sweet Chili Salmon

THURSDAY

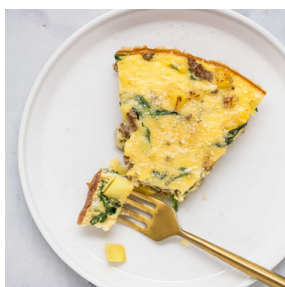


Easy Chocolate Peanut Butter
Baked Oatmeal



Helping Hubbie Tequila Lime
Chicken

FRIDAY



Sausage Potato Frittata Recipe



Polka Dot Lasagna Skillet



Grocery List

Pantry

☐ Dijon mustard	2 tbsp
☐ Fine salt	0.25 tsp
☐ Chia seeds	6 tbsp
☐ Maple syrup	3.5 tbsp
☐ Salt	2.25 tsp
☐ Honey	0.33 cups
☐ Rice wine vinegar	0.25 cups
☐ Red chili paste	1 tbsp
☐ Cornstarch	1 tsp
☐ Rolled Oats	0.5 cups
☐ Peanut Butter	1 tbsp
☐ Baking Powder	0.5 tsp
☐ Chocolate Chips	1 tbsp

Spices & Seasonings

☐ Black pepper	1 pinch
☐ Vanilla extract	1 tsp
☐ Pepper	2 tsp
☐ Ground cloves	0.25 tsp
☐ Ground ginger	0.25 tsp
☐ Red pepper flakes	0.5 tsp
☐ Cinnamon	0.5 tsp

Produce

☐ Diced roasted red pepper	0.5 cups
☐ Fresh chives	0.25 cups
☐ Green onions	1 bunch
☐ Garlic	2 cloves
☐ Banana	1.5 each
☐ Yukon Gold Potatoes	1.5 cups
☐ Spinach	2 cups

Dairy & Eggs

☐ Eggs	18 count
☐ Cottage cheese	1 cups
☐ Coconut milk	2 cups
☐ Milk	0.5 cups
☐ Grated Parmesan Cheese	0.5 cups

Meat & Seafood

- ☐ Diced ham 0.5 cups
- ☐ Salmon filets 24 ounces
- ☐ Jimmy Dean Pork Sausage 8 ounces

Other

- ☐ Cooking spray 1 each
- ☐ Water 0.25 cups

Shop ingredients on 

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