



MP - Week 31

MONDAY



Freezer Breakfast Burrito



Hot Honey Ground Beef Bowls

TUESDAY



Easy Sweet Potato Hash Brown Egg
Cups



Grilled Chicken Sandwich

WEDNESDAY



Decadent Dark Chocolate Chia
Pudding

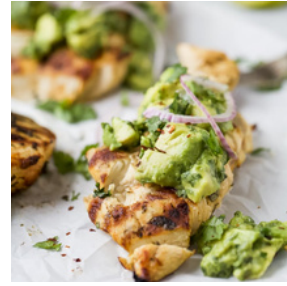


High Protein Pizza Recipe

THURSDAY



High Protein Sheet Pan Pancakes



Cilantro Lime Grilled Chicken

FRIDAY



Bacon Baked Egg in Avocado



Southwestern Turkey Burgers



Grocery List

Pantry

☐ Grape seed oil	1 tbsp
☐ No Salt Add Tomato Sauce	3 tbsp
☐ Avocado Oil	2 tbsp
☐ Salt	3.25 tsp
☐ Hot Honey	8 tbsp
☐ Dutch Processed Cocoa Powder	5 tbsp
☐ Vanilla Extract	2 tsp
☐ Maple Syrup	4 tbsp
☐ Pizza Sauce	0.75 cups
☐ 00 Flour	2 cups
☐ Vanilla Protein Powder	0.5 cups
☐ Baking Powder	1 tbsp
☐ Baking Soda	0.5 tsp
☐ Coconut Oil	1 tbsp
☐ Olive Oil	2 tbsp
☐ Red Wine Vinegar	0.5 tbsp
☐ Mayo	0.5 cups

Produce

☐ Garlic	5 cloves
☐ Red Pepper	0.5 cups
☐ Yellow Onion	0.5 cups
☐ Baby Spinach	2 cups
☐ Diced Sweet Potatoes	4 cups
☐ Avocados	9 count
☐ Sweet Potatoes	3 cups
☐ Diced Chives	1 tbsp
☐ Chia Seeds	0.5 cups
☐ Lime Juice	3.25 cups
☐ Fresh Cilantro	2.75 cups
☐ Garlic Clove	1 clove
☐ Roasted Piquillo Peppers	2 count
☐ Chipotle Peppers	1 small
☐ Roma Tomato	1 count
☐ Butter or Boston Lettuce	1 count

Spices & Seasonings

☐ Siete Taco Seasoning	2.5 tbsp
☐ Cinnamon	1 tsp
☐ Garlic Powder	1.25 tsp
☐ Black Pepper	0.25 tsp
☐ Smoked Paprika	1.25 tsp
☐ Dry Thyme	0.5 tsp
☐ Ground Cinnamon	1.5 tsp
☐ Ground Cumin	3 tsp
☐ Red Pepper Flakes	0.5 tsp
☐ Pepper	1 count

Dairy & Eggs

☐ Eggs	26 each
☐ Egg Whites	1 cups
☐ Mexican Cheese	0.5 cups
☐ Cottage Cheese	2 cup
☐ Unsweetened Almond Milk	2 cups
☐ Shredded Mozzarella Cheese	1 cups
☐ 2% Milk	1 cups
☐ Two Good Brand Vanilla Yogurt	1 cups

Meat & Seafood

☐ Bacon	8 strips
☐ Ground Beef	1 lb
☐ Pepperoni	1 cups
☐ Boneless Chicken Breast	1.5 pounds

Bakery

☐ Cottage Cheese Pizza Crust	1 each
☐ Buns	6 count

Other

☐ Burrito Size Tortillas	5 each
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Shop ingredients on 

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