

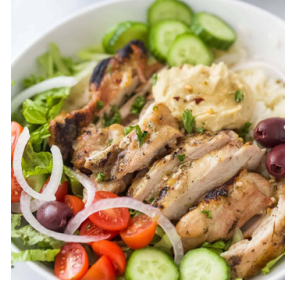


MP - Week 32

MONDAY



Easy Creamy Peanut Butter Overnight Oats



Greek Chicken Bowls

TUESDAY



Healthy Zucchini Muffins (So Moist!)

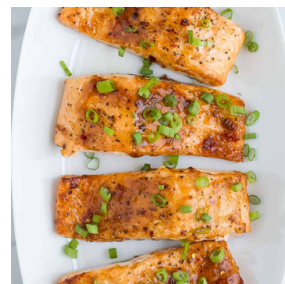


Steak Stir Fry Recipe

WEDNESDAY



Detox Smoothie



Sweet Chili Salmon

THURSDAY



Cheesy Bacon Spinach Frittata



Blackened Shrimp Bowls

FRIDAY



Egg in a Hole Recipe



Ultimate Easy Beef Enchilada
Recipe



Grocery List

Produce

☐ Banana	1 count
☐ Sliced cucumber	2 cups
☐ Chopped green leaf lettuce	4 cups
☐ Cherry tomatoes	1.33 cups
☐ Sliced red onion	0.5 cup
☐ Grated Zucchini	1.25 cups
☐ Broccoli florets	4 cups
☐ Red pepper	2 each
☐ Yellow pepper	2 each
☐ Yellow onion	1.5 each
☐ Carrots	1 cup
☐ Garlic cloves	5 cloves
☐ Snow peas	1 cup
☐ Fresh Spinach	3 cups
☐ Roasted Red Pepper	0.5 cups
☐ Cherry Tomatoes	0.33 cups
☐ Chives	1 dollop
☐ Diced roasted red pepper	0.5 cup
☐ Avocado	3 slices
☐ Garlic	3 cloves
☐ Diced Tomato	1 each

Pantry

☐ Gluten Free Oats	0.5 cups
☐ Chia Seeds	2 tsp
☐ Peanut Butter	2 tbsps
☐ Salt	3 tsp
☐ Cooked jasmine rice	4 cups
☐ Whole Wheat Flour	1.5 cups
☐ Maple Syrup	0.5 cups
☐ Unsweetened Applesauce	0.25 cups
☐ Coconut Oil, Melted	0.33 cups
☐ Vanilla Extract	2 tsp
☐ Arrowroot	2 tbsps
☐ Grape seed oil	1 tbsp
☐ Tamari sauce	0.25 cup
☐ Honey	2.33 cups
☐ Cornstarch	1 tsp
☐ Dijon Mustard	1 tbsp
☐ Olive oil	2 tbsps

Spices & Seasonings

☐ Cinnamon	2 tsp
☐ Pepper	2 count
☐ Baking Powder	1 tsp
☐ Baking Soda	0.5 tsp
☐ Ground Nutmeg	0.5 tsp
☐ Ground ginger	1.25 tsp
☐ Spicy mustard	1 tsp
☐ Red pepper flakes	0.75 tsp
☐ Smoked paprika	1 tsp
☐ Garlic powder	0.5 tsp
☐ Onion powder	0.25 tsp
☐ Oregano	0.25 tsp
☐ Dry cilantro	0.25 tsp
☐ Black pepper	0.25 tsp
☐ Cayenne pepper	0.125 tsp

Other

☐ Plain hummus	0.5 cup
☐ Pitted kalamata olives	0.25 cup
☐ Greek vinaigrette	0.5 cup
☐ Water	0.58 cup
☐ Pickled Onions	1 each
☐ Sliced Jalapeno	1 each

Dairy & Eggs

☐ Almond Milk	2.5 cups
☐ Egg	13 count
☐ Goat Cheese	4 ounces
☐ 2% Milk	0.5 cups

Meat & Seafood

☐ Boneless skinless chicken thighs	2 pounds
☐ Flank steak	1 lb
☐ Bacon	4 strips
☐ Jumbo Shrimp	1 lbs

Frozen Foods

☐ Frozen corn	1 cup
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