



MP - Week 33

MONDAY

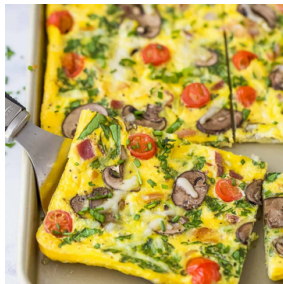


Overnight Oats with Yogurt Recipe



Chopped Thai Chicken Salad

TUESDAY



Easy Sheet Pan Frittata with Spinach and Mushrooms

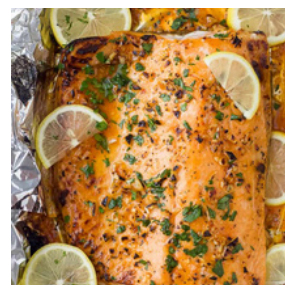


Street Tacos Recipe

WEDNESDAY



Green Smoothie Bowl



Garlic Butter Baked Salmon in Foil

THURSDAY



Banana Pumpkin Bread With
Chocolate Chips



Sheet Pan Shrimp Recipe

FRIDAY



Smashed Avocado Toast with Soft
Boiled Egg | Joyful Healthy Eats



Creamy Tuscan Chicken Recipe

Grocery List

Produce

☐ Shredded Napa Cabbage	2 cups
☐ Shredded Purple Cabbage	1 cup
☐ Grated Carrots	2 cups
☐ Sliced Bell Peppers	2 cups
☐ Edamame Beans	1 cup
☐ Fresh Cilantro	1.66 cups
☐ Chopped Green Onion	0.33 cups
☐ Garlic Clove	1 clove
☐ Fresh spinach	0.5 cups
☐ Mushrooms	0.5 cups
☐ Cherry tomatoes	3.08 cups
☐ Garlic	9 cloves
☐ Diced red onion	1 cups
☐ Finely chopped cilantro	0.33 cups
☐ Mango	1 count
☐ Avocados	6 count
☐ Limes	4 count
☐ Fresh jalapeno slices	1 count
☐ Spinach	2 cups
☐ Banana	1 each
☐ Blueberries	1 each
☐ Raspberries	1 each
☐ Kiwi	1 each
☐ Strawberries	1 each
☐ Parsley	1 bunch
☐ Zucchini	2 small
☐ Yellow squash	1 small
☐ Fresh basil	0.58 cups
☐ Avocado	4 each
☐ Diced sweet onion	0.5 cups
☐ Baby spinach	2 cups

Pantry

☐ Regular Oats	1 cups
☐ Chia Seeds	1 tbsp
☐ Honey	3 tbsp
☐ Low Sodium Tamari Sauce	0.33 cups
☐ Sesame Oil	0.25 cups
☐ Rice Wine Vinegar	0.25 cups
☐ Salt	2.5 tsp
☐ Tamari sauce	0.33 cups
☐ Granola	1 each
☐ Dijon mustard	1 tbsp
☐ Pumpkin puree	0.75 cups
☐ Maple syrup	0.33 cups
☐ Coconut oil	0.33 cups
☐ Chocolate chips	0.33 cups
☐ Olive oil	2 tbsp
☐ Avocado oil	1 tbsp
☐ Lemon juice	1 tbsp

Dairy & Eggs

☐ Vanilla Two good Yogurt	1 cups
☐ Unsweetened Oat Milk	1 cups
☐ Eggs	14 count
☐ Milk	0.5 cups
☐ Gruyere cheese	0.33 cups
☐ Queso fresco	0.5 cups
☐ Unsweetened Vanilla Almond Milk	0.5 cups
☐ Plain Yogurt (Siggis)	0.25 cups
☐ Unsalted butter	3 tbsp
☐ Parmesan cheese	2 tbsp
☐ Whole large eggs	4 each
☐ Full fat coconut milk	1 cups

Meat & Seafood

☐ Shredded Rotisserie Chicken	3 cups
☐ Cooked bacon	5 strips
☐ Filet Mignon	1.5 count
☐ Salmon	1 lb
☐ Extra large shrimp	2 lbs
☐ Boneless skinless chicken breast	4 oz

Bakery

☐ Corn tortillas	12 count
☐ Whole grain toast	4 slices

Frozen Foods

☐ Frozen Strawberries	0.5 cups
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Spices & Seasonings

☐ Ground Cinnamon	2.5 tsp
☐ Minced Ginger	1 tsp
☐ Sriracha	1 tbsp
☐ Garlic powder	0.5 tsp
☐ Black pepper	0.75 tsp
☐ Smoked paprika	1.75 tsp
☐ Ground ginger	0.75 tsp
☐ Ground nutmeg	0.5 tsp
☐ Ground clove	0.25 tsp
☐ Vanilla	1.5 tsp
☐ Pepper	2 count

Other

☐ Raw Unsalted Cashews	0.33 cups
☐ Creamy Peanut Butter	0.5 cups
☐ Water	1 cups
☐ Vanilla Protein Powder	1 scoop

Beverages

☐ Orange juice	6 ounces
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Alcohol

☐ Dry white wine	0.333 cups
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