

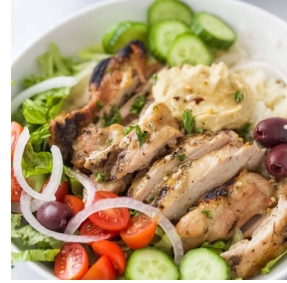


MP - Week 35

MONDAY



Baked Egg Cups Recipe

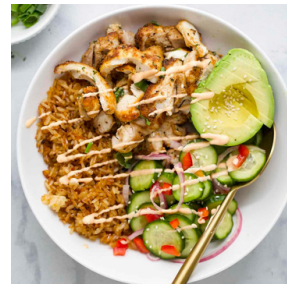


Greek Chicken Bowls

TUESDAY

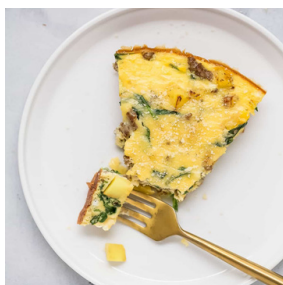


Cinnamon Baked Apple Oatmeal



Crispy Chicken Rice Bowls With
Spicy Mayo

WEDNESDAY



Sausage Potato Frittata Recipe



The Best Ever Ground Beef Tacos

THURSDAY



Peanut Butter Banana Smoothie
Recipe



Pecan Crusted Salmon Recipe

FRIDAY



Croissant Breakfast Casserole with
Sausage



HONEY BALSAMIC PULLED PORK



Grocery List

Pantry

☐ Grape Seed Oil	1 tbsp
☐ Salt	3.875 tsp
☐ Cooked jasmine rice	2 cups
☐ Oats	2 cups
☐ Vanilla Protein Powder	0.5 cups
☐ Baking Powder	1 tsp
☐ Vanilla Extract	1.5 tsp
☐ Walnuts	0.5 cups
☐ Jasmine Rice	4 cups
☐ Sesame Oil	2 tbsp
☐ Tamari	2.5 tbsp
☐ Chili Garlic Crisp	2 tbsp
☐ Rice Wine Vinegar	1.25 cups
☐ Olive Oil	2 tbsp
☐ Honey	1.25 cups
☐ Sesame Seeds	1 tsp
☐ Toasted Sesame Oil	0.5 tsp
☐ Mayo	0.33 cups
☐ Dijon mustard	3 tbsp
☐ Avocado oil	1 tbsp
☐ Fire-roasted tomatoes with green chilis	14 oz
☐ Pinto beans	0.5 cup
☐ Lime juice	2 tbsp
☐ Peanut Butter	2 tbsp
☐ Balsamic Vinegar	0.5 cups
☐ Tomato Sauce	0.5 cups

Spices & Seasonings

☐ Pepper	2.75 tsp
☐ Ground Cinnamon	2.5 tsp
☐ Ground Nutmeg	0.5 tsp
☐ Garlic Powder	2.5 tbsp
☐ Ground Cumin	1 tbsp
☐ Ground Coriander	0.5 tsp
☐ Smoked Paprika	3.75 tsp
☐ Ground Black Pepper	1 tsp
☐ Dry Parsley	1 tsp
☐ Red Pepper Flakes	0.25 tsp
☐ Cumin	2 tbsp
☐ Ancho chili powder	2 tsp
☐ Chili powder	2 tsp
☐ Onion powder	1 tsp
☐ Ground cinnamon	0.5 tsp
☐ Chipotle chili powder	0.5 tsp
☐ Cinnamon	0.25 tsp
☐ Paprika	1 tsp
☐ Thyme	1 tsp
☐ Sage	0.5 tsp

Produce

☐ Baby Spinach	4 cups
☐ Roasted Red Pepper	1 count
☐ Garlic	5 cloves
☐ Chopped Chives	1 count
☐ Sliced cucumber	2 cups
☐ Chopped green leaf lettuce	4 cups
☐ Cherry tomatoes	1 cup
☐ Sliced red onion	0.5 cup
☐ Apple	1 each
☐ Seedless Cucumbers	4 cups
☐ Red Onion	0.25 cups
☐ Red Bell Pepper	0.25 cups
☐ Yukon Gold Potatoes	1.5 cups
☐ Spinach	2 cups
☐ Yellow onion	1 small
☐ Cilantro	0.25 cup
☐ Avocado	2 count
☐ Lettuce	1 cup
☐ Banana	1 large

Meat & Seafood

☐ Proscuitto	12 slices
☐ Boneless skinless chicken thighs	2 pounds
☐ Jimmy Dean Pork Sausage	8 ounces
☐ Grass-fed ground beef	1 lb
☐ Salmon Filets	4 each
☐ Jimmy Dean All Natural Ground Sausage	1 lb
☐ Pork Shoulder	4.5 pounds

Other

☐ Plain hummus	0.5 cup
☐ Pitted kalamata olives	0.25 cup
☐ Greek vinaigrette	0.5 cup
☐ Unsweetened Applesauce	1 cups
☐ Maple Syrup	0.25 cups
☐ Corn tortillas	10 count
☐ Pico de Gallo	1 count
☐ Shredded Mexican cheese, pickled onions, pickled jalapenos or sour cream	1 count
☐ Ice Cubes	0.5 cups
☐ Vital Proteins Collagen Peptides	2 scoops
☐ Adobo Chipotle Pepper	1 each

Dairy & Eggs

☐ Eggs	27 each
☐ Oat Milk	2 cups
☐ Milk	0.5 cups
☐ Grated Parmesan Cheese	0.5 cups
☐ Unsweetened Almond Milk	0.75 cups
☐ Shredded Cheddar Cheese	1 cup

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