



MP - Week 36

MONDAY



Easy Sheet Pan Frittata with Spinach and Mushrooms

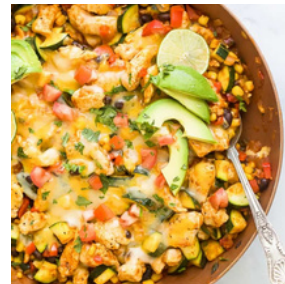


How to Cook a Whole Chicken in the Crockpot

TUESDAY



Easy Chocolate Peanut Butter Overnight Oats | Joyful Healthy Eats



Chicken Enchilada Skillet

WEDNESDAY



Healthy Zucchini Muffins (So Moist!)



Instant Pot Mongolian Beef Recipe

THURSDAY



Detox Smoothie



Creamy Tuscan Salmon Recipe

FRIDAY



Egg White Vegetable Breakfast
Casserole



Slow Cooker Balsamic Braised
Short Ribs



Grocery List

Produce

☐ Fresh spinach	0.5 cups
☐ Mushrooms	1 cups
☐ Cherry tomatoes	2.33 cups
☐ Lemon	1.5 count
☐ Banana	1 count
☐ Garlic	6 cloves
☐ Yellow Onion	0.5 cups
☐ Red Pepper	1 count
☐ Poblano Pepper	0.5 cups
☐ Zucchini	2 large
☐ Diced Tomato	1 count
☐ Sliced Avocado	1 count
☐ Chopped Cilantro	1 bunches
☐ Grated Zucchini	1.25 cups
☐ Broccoli Florets	4 cups
☐ Green Onions	1 each
☐ Spinach	2 cups
☐ Green Apple	0.5 count
☐ Garlic	6 cloves
☐ Sweet onion	0.5 cups
☐ Baby spinach	2 cups
☐ Fresh basil	0.25 cups
☐ Diced fresh spinach	1 cups
☐ Diced bell peppers	1 cups
☐ Diced red onion	1.33 cups
☐ Diced fresh mushrooms	0.5 cups
☐ Dried Dates	4 whole

Pantry

☐ Salt	2.75 tsp
☐ Olive oil	2 tbsp
☐ Sea salt	0.5 tbsp
☐ Rolled Oats	0.5 cups
☐ Peanut Butter	2 tbsp
☐ Cocoa Powder	1 tbsp
☐ Chia Seeds	2 tsp
☐ Avocado Oil	1 tbsp
☐ Low Sodium Black Beans	1 cups
☐ Red Chili Enchilada Sauce	0.5 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
☐ Sesame Oil	1 tbsp
☐ Tamari Sauce	0.5 cups
☐ Honey	2 tbsp
☐ Arrowroot	1 tbsp
☐ Vanilla Protein Powder	1 scoop
☐ Lemon juice	1 tbsp
☐ Coconut Oil	1 tbsp
☐ Tomato Sauce	15 oz
☐ Balsamic Vinegar	0.5 cups

Spices & Seasonings

☐ Garlic powder	2 tbsp
☐ Black pepper	1.25 tsp
☐ Ground cumin	1 tbsp
☐ Ground coriander	0.5 tsp
☐ Smoked paprika	1 tbsp
☐ Ground black pepper	1 tsp
☐ Cinnamon	0.75 tsp
☐ Pepper	2 pinch
☐ Baking Powder	1 tsp
☐ Baking Soda	0.5 tsp
☐ Ground Nutmeg	0.5 tsp
☐ Fresh Ginger	1 tbsp
☐ Spicy Mustard	1 tsp
☐ Sriracha	1 tsp
☐ Red pepper flakes	0.125 tsp
☐ Course Sea Salt	2 tbsp
☐ Dried Rosemary	1 tbsp
☐ Dried Sage	1 tbsp
☐ Onion Powder	1 tbsp
☐ Black Pepper	1 tsp

Meat & Seafood

☐ Cooked bacon	5 strips
☐ Whole Chicken	5.5 pounds
☐ Boneless skinless Chicken Breast	1 pounds
☐ Tenderized Flank Steak	1 lbs
☐ Bone-in Beef Short Ribs	2.5 pounds

Dairy & Eggs

☐ Eggs	12 count
☐ Milk	0.5 cups
☐ Gruyere cheese	0.33 cups
☐ Unsweetened Almond Milk	1.375 cups
☐ Shredded Mexican Cheese	1.5 cups
☐ Egg	1 count
☐ Full fat coconut milk	1 cups
☐ Egg whites	1.5 cups

Frozen Foods

☐ Frozen Corn	1 cups
☐ Frozen Pineapple Chunks	0.5 cups

Other

☐ Water	0.33 cups
☐ Sesame Seeds	1 each

Alcohol

☐ Dry white wine	0.33 cups
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Bakery

☐ Crescent rolls	1 package
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Shop ingredients on  **amazonfresh**

Shop ingredients on  **instacart**