

**PRODUCE**

- 16 Garlic Cloves, minced
- 2 Lemons
- 1½ Tbsp Lime Juice
- 1 Orange
- 2 cup Packaged Kale Coleslaw
- 1 Medium Bell Pepper, any color; diced
- 1 bunch Asparagus
- 1 Small Jalapeno
- 1 Bunch Cilantro
- 1 Bunch Parsley
- 1 Small cabbage, chopped
- 3 cups Riced Cauliflower (about 1 medium head)
- 2 Medium Zucchini
- 3 Medium White or Yellow Onions, diced
- 8 Small Sweet Potatoes

**PROTEIN**

- 1½ lbs Medium Shrimp, raw & deveined
- 9 Chicken Breasts
- 2 Chicken Thighs
- 1½ - 2 lbs Ground Beef
- 2 Salmon Fillets

**PANTRY**

- 3½ c Stock/Broth
- 1 14-oz can Full Fat Coconut Milk
- 2 cans (14.5 oz each) Low Sodium Diced Tomatoes
- 1 can (8 oz) Tomato Sauce
- 1 can Garbanzo Beans

**PANTRY (cont.)**

- 1¼ c Sriracha or any hot sauce
- 1 c Pesto
- Ranch Dressing (optional)
- 3 Tbsps Soy Sauce/Coconut Aminos
- 1½ Tbsps Brown Sugar

**SEASONINGS**

- Salt and Pepper
- 2 t Onion Powder
- 2½ t Ground Cumin
- 1 t Dried Oregano
- 2 t Chili Powder
- 1 t Garlic Powder
- 1 t Paprika
- 2 t Italian Seasoning
- ½ Tbsp Chili Powder
- 2½ t Garlic Powder
- ½ t Cayenne

**FATS**

- 12 Tbsps Unsalted Butter
- 4 Tbsps Oil

**DAIRY**

- 2 large eggs
- 30 oz ricotta cheese
- 1½ c Shredded Mozzarella Cheese
- 1 c Shredded Parmesan Cheese