

PRODUCE

- 3 Large Sweet Bell Peppers
- 8 Cherry Tomatoes
- 1 Tomato
- 1 c Premade/jarred Salsa
- 1 Scallion
- 1 Red Onion
- 2 White Onion
- 1-2 Cauliflower Heads
- 1 c Spinach
- 22 Garlic Cloves
- 1 Tbsp Minced Ginger
- 1 Lemon
- 1 Lime
- 1 Bunch of Cilantro
- 1 Bunch of Parsley
- 1 Bunch Romaine Lettuce
- 1 Cucumber
- Zoodles
- 2 Avocados
- 1 Jalapeno

PROTEIN

- 12 oz Ground Turkey
- 2½ lb Skinless Chicken Breast
- ½ lb Bacon
- 12 oz Flank Steak
- 12 oz Shrimp
- ½ c Pepperoni Slices

PANTRY

- 12 oz Broth
- 1 Tbsp Red Wine Vinegar
- Pitted Kalamata Olives
- 1 Tbsp Corn Starch
- ⅓ c Soy Sauce
- 3 Tbsps Sugar

PANTRY

- Mayonnaise (swap for Greek Yogurt)
- 1½ c Almond Flour
- 1 Tbsp Baking Powder

SEASONINGS

- 1 t Garlic Salt
- 3 t Salt
- 1½ t Black Pepper
- 1 Tbsp Chili Powder
- 1 Tbsp Cumin
- 2½ t Dried Oregano
- 1 t Dried Basil
- 1 t Smoked Paprika
- 1 t Onion Powder
- 1 t Rosemary

FATS

- 6 Tbsps Oil
- 2 Tbsps Butter

DAIRY

- ¾ c Ricotta Cheese
- 3½ c Mozzarella Cheese
- ½ c Sour Cream
- ¼ c Heavy Cream
- 1 c Shredded Pepper Jack Cheese
- ½ c Cream Cheese
- ¼ c Greek Yogurt (swap for Mayo)
- 3 Eggs
- ½ c Grated Parmesan Cheese
- ½ c Sharp Cheddar Cheese