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### Egg-Free 1

6	Lemony Kale	
1 Serves 4	Oven Roasted Potatoes Recipe	
18	No-Bake Berry Cheesecake Bars	
1 Serves 4	Lemony Garlic Parmesan Pasta	
5 servings	Lemon Garlic Baked Cod with Cherry Tomatoes	
5 servings	Harvest Quinoa Bowls	
6 Servings	Easy Chicken Enchilada Casserole	
1 Serves 8, makes about 32 meatballs	Chorizo Potato Breakfast Meatballs	
4 servings	Pasta Bake with Spinach & Sausage (No Boil!)	
4 Servings	How to Spatchcock a Chicken	
4 Servings	Carne Guisada Recipe	

## Shopping List

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<input type="checkbox"/>	ancho chile powder	2.25 tsp
<input type="checkbox"/>	apple cider vinegar	3 tbsp
<input type="checkbox"/>	avocado	3
<input type="checkbox"/>	blackberries	1 cup
<input type="checkbox"/>	blueberries	1 cup
<input type="checkbox"/>	boneless, skinless chicken breast	1.50 lb
<input type="checkbox"/>	Brussels sprouts	1.50 lb

<input type="checkbox"/> bunch kale	1
<input type="checkbox"/> butter, ghee, or extra-virgin olive oil	6 tbsp
<input type="checkbox"/> canned tomato sauce	16 oz
<input type="checkbox"/> capers	2 tbsp
<input type="checkbox"/> cayenne pepper	0.25 tsp
<input type="checkbox"/> cherry tomatoes	2 pt
<input type="checkbox"/> chicken broth	3 cups
<input type="checkbox"/> chicken broth or water	1.50 cups
<input type="checkbox"/> chicken or beef broth	1 cup
<input type="checkbox"/> chili powder, mild	3 tbsp
<input type="checkbox"/> chopped baby spinach	1.50 cups
<input type="checkbox"/> cilantro	1 cup
<input type="checkbox"/> cod	1.50 lb
<input type="checkbox"/> Corn tortillas	6
<input type="checkbox"/> cumin	4 tsp
<input type="checkbox"/> dairy-free condensed milk	11.25 oz
<input type="checkbox"/> dijon mustard	2 tbsp
<input type="checkbox"/> dried cranberries	0.25 cup
<input type="checkbox"/> extra-virgin olive oil	0.5 cup, plus 2 tbsp, plus 1 tsp
<input type="checkbox"/> flour	3 tbsp
<input type="checkbox"/> flour tortillas	for serving
<input type="checkbox"/> fresh chopped sage	1 tbsp
<input type="checkbox"/> fresh or dried thyme	1 tsp
<input type="checkbox"/> frozen spinach	9 oz
<input type="checkbox"/> garlic	7 cloves
<input type="checkbox"/> garlic powder	2 tsp
<input type="checkbox"/> ground pork (or ground turkey)	2 lb
<input type="checkbox"/> heavy cream or milk	0.50 cup
<input type="checkbox"/> honey	2 tbsp
<input type="checkbox"/> Italian seasoning	1 tbsp
<input type="checkbox"/> large russet potato	1
<input type="checkbox"/> Lemon juice	0.5 cup, plus 2 tbsp
<input type="checkbox"/> lemons	4
<input type="checkbox"/> lime juice	0.25 cup
<input type="checkbox"/> maple syrup	1 tbsp
<input type="checkbox"/> Mexican oregano	0.50 tsp
<input type="checkbox"/> onion powder	1 tsp
<input type="checkbox"/> oregano	3 tsp
<input type="checkbox"/> packages cream cheese	2, 8-ounce packages
<input type="checkbox"/> paprika	1 tbsp
<input type="checkbox"/> pasta sauce	24 oz
<input type="checkbox"/> pecans	0.50 cup
<input type="checkbox"/> penne	12 oz
<input type="checkbox"/> pepper	3.25 tsp
<input type="checkbox"/> pre-cooked Italian chicken sausage	12 oz
<input type="checkbox"/> raspberries	1 cup
<input type="checkbox"/> Refried beans	1 can
<input type="checkbox"/> Rotel	1 can
<input type="checkbox"/> salt	4 tbsp
<input type="checkbox"/> shredded chicken	4 cups

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|---|--------------------------|
| <input type="checkbox"/> shredded Italian cheese        | 1.50 cups                |
| <input type="checkbox"/> shredded Mexican-blend cheese  | 4 cups                   |
| <input type="checkbox"/> shredded parmesan cheese       | 0.50 cup                 |
| <input type="checkbox"/> sour cream                     | 0.50 cup                 |
| <input type="checkbox"/> spaghetti                      | 12 oz                    |
| <input type="checkbox"/> stew meat                      | 1.25 lb                  |
| <input type="checkbox"/> sticks grass-fed butter        | 1.50 sticks, plus 1 tbsp |
| <input type="checkbox"/> sweet potatoes                 | 1.50 lb                  |
| <input type="checkbox"/> tomato paste                   | 2 tbsp                   |
| <input type="checkbox"/> vanilla extract                | 1 tsp                    |
| <input type="checkbox"/> white, red, or tricolor quinoa | 1 cup                    |
| <input type="checkbox"/> white onion                    | 1                        |
| <input type="checkbox"/> whole chicken                  | 1                        |
| <input type="checkbox"/> yukon gold potatoes            | 1.50 lb                  |