

Collection

Recipes

1
About 9, 2-
tablespoon servings

Hard Cider Ganache



1
Serves 1

Smoked Salmon Lunch Wraps



4
servings

Tex Mex Stuffed Peppers Recipe



4
servings

Greek Beef Meatballs with Quinoa and Arugula Salad



18
tacos

Freezer Breakfast Burritos



4
Servings

How to Cook Perfect White Rice



4
Servings

Sheet Pan Chicken Fajitas



1
Serves 3 to 4

Easy Oven Baked Chicken Breast



4
servings

Vegetable Stir Fry Recipe with Noodles



8
-10 servings

Flourless Chocolate Cake



4
servings

Gluten Free Alfredo Sauce and Fettuccine with Lobster



Shopping List

- | | |
|---|--------------------|
| <input type="checkbox"/> arugula | 4 cups |
| <input type="checkbox"/> avocado | 1 |
| <input type="checkbox"/> black beans | 1 can, for serving |
| <input type="checkbox"/> breakfast sausage or bacon | 1 lb |
| <input type="checkbox"/> broccoli | 1.50 cups |
| <input type="checkbox"/> butter | 31 tablespoons |
| <input type="checkbox"/> capers | 5 tsp |

<input type="checkbox"/> cayenne pepper (optional)	pinch
<input type="checkbox"/> chicken breast, boneless, skinless	1 lb
<input type="checkbox"/> chicken tenders	1.50 lb
<input type="checkbox"/> cinnamon	0.50 tsp
<input type="checkbox"/> coriander	0.50 tsp
<input type="checkbox"/> corn tortillas	for serving
<input type="checkbox"/> cream cheese	5 tbsp
<input type="checkbox"/> dark chocolate	24 oz
<input type="checkbox"/> dried dill	2.50 tsp
<input type="checkbox"/> eggs	25
<input type="checkbox"/> extra-virgin olive oil	6 tbsp
<input type="checkbox"/> fettuccine noodles	2 tsp
<input type="checkbox"/> fish sauce	1 box
<input type="checkbox"/> fresh parsley (for garnish)	0.50 tsp
<input type="checkbox"/> fresh cilantro	1 bunch
<input type="checkbox"/> fresh cracked black pepper	0.50 cup
<input type="checkbox"/> garlic	plus more for optional garnish
<input type="checkbox"/> ground beef	to taste
<input type="checkbox"/> ground black pepper	3 cloves
<input type="checkbox"/> guacamole	3 lb
<input type="checkbox"/> hard cider	1.25 tsp
<input type="checkbox"/> heavy cream (or coconut cream)	for serving, optional
<input type="checkbox"/> julienned carrots	0.50 cup
<input type="checkbox"/> lemon	1 cup
<input type="checkbox"/> limes	1 cup
<input type="checkbox"/> lobster tail	1
<input type="checkbox"/> mushrooms	4
<input type="checkbox"/> onion, yellow	2 lbs
<input type="checkbox"/> oregano	8 oz
<input type="checkbox"/> parmesan cheese	0.50
<input type="checkbox"/> potatoes	1 tsp
<input type="checkbox"/> Primal Palate Amore seasoning	0.50 cup
<input type="checkbox"/> raisins	1 lb
<input type="checkbox"/> ramen noodles	1 tsp
<input type="checkbox"/> raspberries	0.33 cup
<input type="checkbox"/> red bell pepper	2, 8-ounce packages
<input type="checkbox"/> red chili flakes	1 pt
<input type="checkbox"/> red onion	8
<input type="checkbox"/> sea salt	0.25 tsp
<input type="checkbox"/> sesame oil	3
<input type="checkbox"/> shredded cheese	6.50 tsp
<input type="checkbox"/> shredded Mexican-blend cheese	2 tbsp
<input type="checkbox"/> Siete grain-free tortilla	0.50 cup
<input type="checkbox"/> smoked salmon	0.50 cup
<input type="checkbox"/> snow peas	5
<input type="checkbox"/> sour cream (optional)	10 oz
<input type="checkbox"/> taco seasoning	6 oz
<input type="checkbox"/> tamari or soy sauce	for serving
<input type="checkbox"/> tortillas, 7.5"	1 tbsp
	0.25 cup
	18

- | | |
|---|--------|
| <input type="checkbox"/> vanilla extract | 1 tsp |
| <input type="checkbox"/> water | 4 cups |
| <input type="checkbox"/> white quinoa | 2 cups |
| <input type="checkbox"/> white rice | 2 cups |
| <input type="checkbox"/> white sesame seeds | 1 tsp |
| <input type="checkbox"/> white wine | 1 cup |
| <input type="checkbox"/> yellow bell pepper | 1 |