




Collection

Recipes

16 cookies	Soft Oatmeal Raisin Cookies	
4 Servings	Red Lentil Soup	
1 serving	Creamiest Overnight Oats Recipes	
5 servings	Homemade Hamburger Helper	
6 - 8 servings	Turkey Meatballs	
4 - 5 servings	Egg Roll in a Bowl	
6 - 8 servings	King Ranch Chicken	
4 Servings	Baked Chicken and Roasted Vegetables with Wild Rice	

Shopping List

<input type="checkbox"/> all-purpose flour	1/4 cup
<input type="checkbox"/> asparagus	1 bunch
<input type="checkbox"/> avocado oil	2 tbsp
<input type="checkbox"/> baking soda	2 tsp
<input type="checkbox"/> beef broth	3 1/2 cups
<input type="checkbox"/> black pepper	1 1/4 tsp
<input type="checkbox"/> brown sugar	1 cup
<input type="checkbox"/> butter	1/2 cup or 1 stick
<input type="checkbox"/> carrots	6 large
<input type="checkbox"/> cayenne pepper	pinch
<input type="checkbox"/> cherry tomatoes	1 pt
<input type="checkbox"/> chia seeds	5 tbsp
<input type="checkbox"/> chicken breast, boneless, skinless	3 1/2 lb
<input type="checkbox"/> chicken broth	4 1/2 cups
<input type="checkbox"/> chili powder	2 tbsp
<input type="checkbox"/> chunky peanut butter	1 1/4 cups
<input type="checkbox"/> cilantro, for garnish	1 bunch

<input type="checkbox"/> cinnamon	1 tsp
<input type="checkbox"/> coconut aminos (for budget-friendly, sub)	1/2 cup
<input type="checkbox"/> 2 tablespoons soy sauce or tamari + 1 tea spoon honey)	
<input type="checkbox"/> coconut oil	3 tbsp
<input type="checkbox"/> corn tortillas	12
<input type="checkbox"/> crushed tomatoes	14.50 oz can
<input type="checkbox"/> cumin	2 1/4 tsp
<input type="checkbox"/> curry powder	2 tsp
<input type="checkbox"/> diced tomatoes	14-ounce can
<input type="checkbox"/> eggs	4
<input type="checkbox"/> elbow macaroni	12 oz
<input type="checkbox"/> extra-virgin olive oil	4 tbsp + 2 tsp
<input type="checkbox"/> fresh ginger	3-4" piece
<input type="checkbox"/> fresh parsley	1 bunch
<input type="checkbox"/> full-fat coconut milk	13.50 oz can
<input type="checkbox"/> garlic cloves	13
<input type="checkbox"/> garlic cloves (for optional garlic tarka)	12
<input type="checkbox"/> garlic powder	1 tsp
<input type="checkbox"/> ghee or extra-virgin olive oil	1/3 cup
<input type="checkbox"/> green onions	1 bunch
<input type="checkbox"/> green or purple cabbage	1 head
<input type="checkbox"/> ground beef	2 lb
<input type="checkbox"/> ground ginger	1/2 tsp
<input type="checkbox"/> ground pork	2 lb
<input type="checkbox"/> ground turkey	2 lb
<input type="checkbox"/> heavy cream	1 cup
<input type="checkbox"/> jalapeno	1
<input type="checkbox"/> lime	1
<input type="checkbox"/> maple syrup	5 tbsp
<input type="checkbox"/> marinara sauce	1 jar
<input type="checkbox"/> milk	5 1/2 cups
<input type="checkbox"/> molasses	1 tbsp
<input type="checkbox"/> nutmeg	1/2 tsp
<input type="checkbox"/> old-fashioned oats	4 3/4 cups
<input type="checkbox"/> panko breadcrumbs	1/2 cup
<input type="checkbox"/> paprika	1 tsp
<input type="checkbox"/> parmesan cheese	1/4 cup
<input type="checkbox"/> quick-cooking rolled oats	2 1/4 cups
<input type="checkbox"/> raisins	1 cup
<input type="checkbox"/> red bell peppers	2
<input type="checkbox"/> red lentils	1 cup
<input type="checkbox"/> red onion	1/2 onion
<input type="checkbox"/> red pepper flakes	1/2 tsp
<input type="checkbox"/> rice vinegar	2 tbsp
<input type="checkbox"/> sea salt	7 1/2 tsp
<input type="checkbox"/> sesame seeds	1 tsp
<input type="checkbox"/> shredded cheddar cheese	1 1/2 cups
<input type="checkbox"/> shredded Mexican-style cheese blend	4 cups
<input type="checkbox"/> spaghetti noodles	1 box
<input type="checkbox"/> toasted sesame oil	1 tsp

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| <input type="checkbox"/> tomato paste | 2 tbsp |
| <input type="checkbox"/> vanilla extract | 1 1/2 tsp |
| <input type="checkbox"/> white sugar | 1 cup |
| <input type="checkbox"/> wild rice, uncooked | 1 cup |
| <input type="checkbox"/> yellow bell pepper | 1 |
| <input type="checkbox"/> yellow onion | 4 |