

THE PLAN

Day 1

Whole Chicken // Roasted Cabbage Wedges // Hidden Veggie Mac & Cheese // Roasted Butternut Squash

Day 2

Stuffed Baked Sweet Potatoes // Fried Eggs

Day 3

Loaded Kale Salad // Sweet Potato Biscuits

Day 4

Tikka Masala Chicken over Rice // Mixed Mashed Potatoes // Steamed Carrots

Day 5

African Sweet Potato & Peanut Soup // No-Knead Overnight Artisan Bread

Day 6

Sheet Pan Sausage, Onions, & Peppers // Hidden Veggie Mac & Cheese // Hoagie Rolls

Day 7

Egg Roll in a Bowl

THE SHOPPING LIST

Cold Case

butter	20 tbsp	milk	5.83 cups
crumbled feta	4 oz	milk (any)	1.25 cups
egg	9	shredded cheddar cheese	16 oz

Meat

chicken (3-5 lb)	2 whole	Italian sausages	6
ground pork	1 lb		

Pantry

active dry yeast	1 tsp	kalamata olives	0.50 cup
all-purpose flour	5 cups	lemon juice	3 tbsp
apple cider vinegar	1 tsp + 1 tbsp	mayo (optional)	0.25 cup
baking powder	1 tbsp	olive oil	15 tbsp
bread flour	4 cups	peanut butter	0.33 cup + 2 Tbsp
can cannellini beans or chickpeas	1 (15 oz)	peanuts	0.50 cup
can pumpkin puree	8 oz	sesame oil	2 tbsp
chicken stock or broth	4.50 cups	sriracha (!) (optional)	1 tsp
coconut aminos (or soy sauce or liquid aminos)	4 tbsp	sugar or honey	3 tbsp
coconut oil	1 tbsp	Tikka Masala	1 jar
cooking spray	1 tbsp	vital wheat gluten	1 tbsp + 1 tsp
elbow pasta	16 oz	white rice	2 cups
flour	8 tbsp	yeast	2.50 tsp
honey	1 tbsp		

Produce

avocado	1	head cabbage	1
baby carrots	1 lb	kale	10 cups
bag coleslaw	2 (10 oz)	minced garlic	1 tsp
bell peppers (any)	4	mushrooms	20 oz
butternut squash	2 lb	onion	6
carrot	5	russet potato	2 lb
celery	2 ribs	shredded carrots	1 (10 oz)
cherry tomatoes	0.75 cup	spinach	3 cups
cilantro	1 bunch	sweet potato	5 + 2.5 lbs
garlic	2 cloves	tomato	3

Spices

cayenne (!) (optional)	0.13 tsp	dry minced onion	5 tbsp
chili powder (optional)	0.50 tsp	garlic powder	1 tbsp + 2.5 tsp
cinnamon	0.50 tsp	ground ginger	3 tsp
cinnamon (optional)	0.50 tsp	Italian seasoning	2.50 tsp
cloves	0.13 tsp	nutmeg	0.50 tsp
coriander	2 tsp	onion powder	0.50 tsp
cumin	1.50 tsp	paprika	0.50 tsp
dill	1 tsp	pepper	4.50 tsp
dried basil	1 tsp	salt	15 tsp
dried parsley	2 tbsp	thyme	1 tsp