

February 27 Meal Plan Shopping List

Proteins

- 2 pounds Chicken breasts
- 1 pound Jumbo shrimp (peeled & deveined, tail on)
- 5 mild Italian sausage links
- 1.4 kg Whole chicken
- 1 rack baby back ribs

Produce

- 1 Onion, diced
- ½ Sweet onion, chopped
- ¼ Onion, roughly chopped
- 3 cloves Garlic, minced
- 2 cloves Garlic, minced
- 2 cloves Garlic, roughly chopped
- 4 cloves Garlic, minced
- ½ cup Italian parsley, chopped
- ½ cup Mushrooms, chopped
- 1 cup Fresh spinach

Pantry & Sauces

- ½ cup Chipotle peppers in adobo
- ½ cup Tomato paste
- 2 tablespoons Honey
- ¼ cup Honey (ribs)
- 1 cup Chicken broth
- ½ cup Chicken broth
- 1 teaspoon Cumin
- ½ teaspoon Ground cumin
- 1 teaspoon Salt
- ½ teaspoon Sea salt
- 1 tablespoon Chipotle powder
- 1 teaspoon Paprika
- ½ teaspoon Paprika powder

- ½ teaspoon Pepper
- 1 teaspoon Black pepper
- 1 tablespoon Garlic powder
- 3 tablespoons Avocado oil (total)
- ½ cup Avocado oil (chimichurri)
- 1 teaspoon Oregano, minced
- 1 teaspoon Red chili flakes
- 2 tablespoons Red wine vinegar
- 28 oz Diced tomatoes (or crushed)
- ■ cup Nutritional yeast
- 1 tablespoon Dried basil
- ¼ teaspoon Red pepper flakes
- ■ cup Coconut milk
- 3 cups Penne quinoa noodles
- 1 tablespoon Cumin (whole chicken)
- ½ tablespoon Chili powder
- 1 teaspoon Garlic granules
- ½ cup Filtered water
- ½ teaspoon Onion powder
- ¼ cup Dark soy sauce
- ¼ cup Sweet soy sauce