

Week 1 - all in one (standard)

2 avocado(s)
2 bell pepper(s) (green)
1 bell pepper(s) (yellow)
1 carrot
1 head cauliflower
1 small bunch cilantro
1 package corn (frozen)
2 cup(s) fresh basil
2 bulb(s) garlic
1 jalapeño(s)
2 onion(s) (red)
5 onion(s) (yellow)
4 leaves romaine lettuce
5 sweet potato(es)
2 (6 oz) can(s) tomato paste
2 tomato(s)
1 head (or bag) mixed greens or lettuce
1 package(s) Ezekiel hamburger buns (or English muffins)
2 package(s) Ezekiel tortillas
5 (15 oz) can(s) black beans
1 (15 oz) can(s) chickpeas
1 (7 oz) can(s) chipotle pepper (in Adobo sauce)
1 (15 oz) can(s) diced tomatoes
8 oz sun-dried tomatoes
2 (15 oz) can(s) pinto beans
1 (15 oz) can(s) red beans
pickles
6 Tbsp salsa
0.5 cup(s) nutritional yeast
0.25 cup(s) pine nuts (or raw almonds)
0.5 cup(s) whole grain bread crumbs
1 package(s) whole wheat penne pasta
1 cup(s) cheese
<i>1 cup(s) almond or soy milk (unsweetened)</i>
<i>1 Tbsp apple cider vinegar</i>
<i>1 tsp baking powder</i>
<i>black pepper</i>

<i>cajun seasoning</i>
<i>1 tsp chili powder</i>
<i>coconut oil</i>
<i>coconut spray oil</i>
<i>1 cup(s) corn meal</i>
<i>crushed red pepper</i>
<i>ground cayenne</i>
<i>ground cumin</i>
<i>0.5 cup(s) olive oil</i>
<i>red pepper flakes</i>
<i>2 Tbsp sugar (or Xylitol)</i>
<i>1 cup(s) whole wheat flour</i>