

### **Dairy & Dairy Alternatives:**

1. Cottage cheese (full-fat or low-fat) - 5 lbs (80 oz)
  2. Heavy cream - 1 cup
  3. Greek yogurt - 2 cups (16 oz)
  4. Whole milk - 4 cups
  5. Milk of choice (almond, dairy, or oat) - 3 quarts (96 oz)
  6. Shredded mozzarella cheese - 4 cups (16 oz)
  7. Shredded cheddar cheese - 1 cup (4 oz)
  8. Grated Parmesan cheese - 2 cups (8 oz)
  9. Unsalted butter - 1 cup (8 oz)
  10. Olive oil - 3 cups (24 oz)
  11. Fresh chives - 1 bunch
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### **Eggs & Baking:**

1. Large eggs - 24 eggs (2 dozen)
  2. Baking soda - ½ teaspoon
  3. Cornstarch or oat flour - 2 tablespoons
  4. Whole wheat flour - 1 cup (about 4 oz)
  5. Old-fashioned rolled oats - 4 cups (about 10 oz)
  6. Brown sugar (packed) - ½ cup (about 3.5 oz)
  7. Vanilla extract - 8 teaspoons (about 2 tablespoons)
  8. Cinnamon - 2 teaspoons
  9. Ground cardamom - ½ teaspoon
  10. Ground paprika - 1 ½ teaspoons
  11. Smoked paprika - 1 ½ teaspoons
  12. Baking powder - 1 teaspoon
  13. Sea salt - small container
  14. Ground black pepper - small container
  15. Matcha green tea powder - 1 teaspoon
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### **Sweeteners:**

1. Honey or maple syrup - 1 cup (approx. 240 ml)
  2. White sugar (optional) - ½ cup (about 4 oz)
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### **Fruits & Vegetables:**

1. Fresh berries (strawberries, blueberries, raspberries) - 6 cups (about 1.5 lbs)

2. Apples (Honeycrisp, Fuji, or Granny Smith) - 4 medium
  3. Fresh mint leaves - small bunch
  4. Peaches (ripe, halved and pitted) - 2 large
  5. Mango chunks (frozen) - 2 cups
  6. Fresh lime juice - 1 tablespoon
  7. Fresh lemon zest - 1 tablespoon
  8. Lemons (for juice) - 6 lemons
  9. Cucumber - 4 medium
  10. Cherry tomatoes - 2 cups
  11. Bell peppers (red, green) - 4 (2 of each color)
  12. Onion (yellow or red) - 6 medium
  13. Spinach (fresh or frozen) - 4 cups (about 1 lb)
  14. Broccoli (fresh or frozen) - 1 cup
  15. Garlic - 1 bulb
  16. Zucchini - 4 medium
  17. Eggplant - 1 medium
  18. Red onion - 2 medium
  19. Dried cranberries or raisins - ½ cup
  20. Chopped walnuts or pecans - 1 cup
  21. Dried apricots - ¼ cup
  22. Fresh herbs (parsley, basil, dill) - small bunch each
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### **Nuts & Seeds:**

1. Chia seeds or flaxseeds - ½ cup (about 2 oz)
  2. Almonds (whole or chopped) - 1 cup (about 4 oz)
  3. Pistachios (optional) - ½ cup (about 2 oz)
  4. Walnuts (chopped or whole) - 1 cup (about 4 oz)
  5. Pecans (optional) - 1 cup (about 4 oz)
  6. Almond butter or peanut butter - 1 cup (about 8 oz)
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### **Protein & Legumes:**

1. Protein powder (vanilla or chocolate) - ½ cup (about 4 oz)
  2. Chicken breasts (boneless, skinless) - 2 breasts (about 1 lb)
  3. Tuna (canned, optional) - 1 can (5 oz)
  4. Shredded mozzarella cheese - 2 cups (8 oz)
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### **Spices & Seasonings:**

1. Garlic powder - 2 teaspoons
  2. Onion powder - 1 teaspoon
  3. Sea salt - 1 teaspoon
  4. Ground black pepper - small container
  5. Fresh parsley (optional garnish) - small bunch
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### **Other Ingredients:**

1. Rolled oats (quick oats work best) - 1 cup (about 3 oz)
  2. Cacao nibs - 2 tablespoons (about 1 oz)
  3. Shredded coconut -  $\frac{1}{4}$  cup (about 2 oz)
  4. Coconut oil - 2 teaspoons (about 1 oz)
  5. Matcha green tea powder - 1 teaspoon
  6. Lemon juice (fresh or bottled) - 1 bottle (about 8 oz)
  7. Fresh mint leaves - 1 bunch
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### **Optional Garnishes & Toppings:**

1. Whipped cream - 1 can (8 oz)
2. Shaved chocolate - 1 ounce
3. Fresh berries (for garnish) - 2 cups
4. Granola -  $\frac{1}{4}$  cup (about 1 oz)
5. Dark chocolate (70% cacao) - 4 ounces