

Bakery

- Low carb/high protein tortillas 12 burrito-sized

Vegetables

- Green onions 1 bunch
- Sweet onions 2 units
- Sweet potatoes 500g

Canned Goods

- Tomato paste 40g

Condiments & Spices

- Buffalo sauce 120g
- Cinnamon a few dashes
- Coarse salt 15g
- Garlic powder 1tsp
- Honey 40g
- Salt & pepper to taste
- Worcestershire sauce 30g
- Zero Cal Sweetener 5g

Dairy

- Butter 20g
- Greek yogurt 0% 150g
- Reduced-fat cheddar cheese 180g
- Reduced fat mozzarella 160g
- Vanilla yogurt (high protein) 1 cup

Rice, Cereal & Legumes

- Oatmeal 1/4 cup

Frozen Foods

- Fat Free Cool Whip 1 container (215g)

Baking

- Coconut oil 1/4tsp
- Corn starch 10g
- Mini chocolate chips 2tbsp
- PBfit pumpkin spice 2tbsp
- Vanilla extract 1/2tsp
- Vanilla Whey/Casein Blend Protein Powder 60g

Meat

- Chicken thighs or breasts 1360g (48oz)

Snacks

- Oreo cookie crumbs as needed
- Oreo thins 4 units