

	BBQ Chickpea Salad		Air Fryer Fried Chicken		Pasta and Meatballs		Chickpea Tikka Masala
	Produce:		Produce:		Produce:		Produce:
<input type="checkbox"/>	Lettuce of choice(I used romaine)	<input type="checkbox"/>	Sides ideas: zucchini fries, french fries, corn	<input type="checkbox"/>	Garlic	<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Corn (I used canned)	<input type="checkbox"/>	Lemons (optional)	<input type="checkbox"/>	Onion	<input type="checkbox"/>	Onion
<input type="checkbox"/>	4-5 carrots		Meat:	<input type="checkbox"/>	Celery	<input type="checkbox"/>	Ginger
<input type="checkbox"/>	Red onion	<input type="checkbox"/>	1 lb chicken tenders		Meat:	<input type="checkbox"/>	Lemon
<input type="checkbox"/>	Green onion		Grocery:	<input type="checkbox"/>	1 1/2 lb ground beef	<input type="checkbox"/>	Spinach (optional)
<input type="checkbox"/>	Cilantro	<input type="checkbox"/>	3 eggs		Grocery:	<input type="checkbox"/>	4 medium tomatoes(I used canned whole tomatoes)
<input type="checkbox"/>	2-3 Avocado	<input type="checkbox"/>	Hot sauce	<input type="checkbox"/>	Almond flour		Grocery:
<input type="checkbox"/>	3 lemons	<input type="checkbox"/>	Worcestershire sauce	<input type="checkbox"/>	Eggs	<input type="checkbox"/>	2 cans garbanzo beans
	Grocery:	<input type="checkbox"/>	Almond flour	<input type="checkbox"/>	Olive oil	<input type="checkbox"/>	Olive oil
<input type="checkbox"/>	4- 15 oz cans chickpeas	<input type="checkbox"/>	Unseasoned pork panko crumbs/ pork rinds	<input type="checkbox"/>	Pasta sauce of choice	<input type="checkbox"/>	1/4 cup raw cashews
<input type="checkbox"/>	BBQ sauce	<input type="checkbox"/>	Paprika	<input type="checkbox"/>	Chicken stock	<input type="checkbox"/>	Rice
<input type="checkbox"/>	Hotsauce (optional)	<input type="checkbox"/>	Garlic powder	<input type="checkbox"/>	Veggie pasta/ pasta of choice		Spices:
<input type="checkbox"/>	Tahini	<input type="checkbox"/>	Cayenne pepper	<input type="checkbox"/>	Parmesan (optional)	<input type="checkbox"/>	Garam Masala
<input type="checkbox"/>	Garlic powder	<input type="checkbox"/>	Pepper		Spices:	<input type="checkbox"/>	Chili powder
<input type="checkbox"/>	Onion powder	<input type="checkbox"/>	Salt	<input type="checkbox"/>	Thyme	<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Salt	<input type="checkbox"/>	Nonstick spray/ olive oil	<input type="checkbox"/>	Basil	<input type="checkbox"/>	Coriander
<input type="checkbox"/>	Pepper	<input type="checkbox"/>	Your favorite dipping sauce	<input type="checkbox"/>	Rosemary	<input type="checkbox"/>	Salt
<input type="checkbox"/>	Dried or fresh dill			<input type="checkbox"/>	Parsley	<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Dried or fresh parsley			<input type="checkbox"/>	Salt		
				<input type="checkbox"/>	Pepper		