

Oklahoma City Moms Blog

Grocery List

Quiche

- __20 oz White Potatoes, shredded
- __Salted Butter
- __salt, paprika, onion, garlic, black pepper, oregano
- __6 Eggs
- __1/2 cup Half and Half, (sub: almond milk or coconut milk)
- __3 cups Mozzarella Cheese, shredded
- __4 pieces Prosciutto
- __Tomato
- __Arugula

Muffins

- __1/2 cup raw almonds (or almond flour)
- __overripe bananas (3 to 4 large)
- __almond butter
- __arrowroot starch
- __chia seeds
- __maple syrup
- __baking powder
- __cinnamon
- __apple cider vinegar
- __baking soda

Greek Meal Prep Bowls

- __chicken or chickpeas
- __gold potatoes
- __broccoli
- __mushrooms
- __grape tomatoes
- __green bell pepper
- __greek seasoning/ dressing

Veggie-loaded Hashbrowns

- __frozen shredded potatoes
- __spinach
- __zucchini
- __yellow bell pepper
- __eggs

Grilled Veggie Sandwiches

- __ricotta cheese
- __portobello mushrooms
- __zucchini
- __yellow squash

- __eggplant
- __red bell pepper
- __arugula
- __avocado
- __ciabatta rolls or sourdough loaf
- __potato chips

Meatballs

- __1 lb ground beef
- __dried thyme
- __dried oregano
- __avocado oil
- __1/2 yellow onion, thinly sliced
- __3 cloves garlic, minced
- __1 1/2 cups mushrooms, sliced
- __1 cup beef broth
- __coconut aminos
- __ketchup or tomato paste
- __2 tsp arrowroot starch
- __1 tbsp chopped parsley

Sweet Potato Fries with Garlic Aioli

- __sweet potato
- __avocado oil
- __egg
- __lemon juice
- __mustard powder
- __fresh rosemary, minced
- __fresh garlic, minced

Quinoa Bowls

- __quinoa
- __broth for cooking

Apple Nachos

- __apples
- __nut butter
- __honey
- __chia seeds
- __mini chocolate chips (use the rest for your mini muffins)
