



Protein

Chicken thigh (bone-in with skin), 450 g
Pork shoulder, 450 g
Flank steak, 450 g
Chicken breast, 350 g
Bacon, 60 g
Ribeye steak, 450 g
Sirloin steak, 450 g
Beef tenderloin, 220 g

Fats and oils

Olive oil, 200 ml
Butter, 110 g
Coconut oil, 11 g
Avocado oil, 30 ml
Ghee,

Pantry

Lemon juice, 33 ml
Red wine vinegar, 1 tbsp
Pickled jalapeños, 14 g
Cider vinegar, 3 tbsp
Lime juice, 1 tbsp
Tamari soy sauce, 65 ml
Mayonnaise, 55 g
Dijon mustard,

Fresh herbs

Fresh oregano,
Fresh thyme,
Fresh cilantro, 16 g
Fresh parsley,
Fresh chives,

Produce

Garlic clove, 9 1/4
Cauliflower, 600 g
Lemon, 1 1/2

Orange, 3/4
Lime, 1/5
Yellow onion, 1
Green bell pepper, 1
Avocados, 2 1/2
Tomato, 4/5
Red onion, 1 1/4
Red bell pepper, 1/2
Scallion,
Fresh ginger,
Mushrooms, 230 g
Leafy greens, 28 g

Spices and seasonings

Salt, 21 g
Ground black pepper,
Ground cumin,
Chili powder,
Garlic powder,
Dried oregano,
Dried coriander (cilantro) leaves,
Coarse salt,
Paprika powder,
Pepper,
Onion powder,
Black peppercorn,
Smoked paprika powder,
Dried thyme,

Dairy

Shredded Parmesan cheese, 30 g
Cheddar cheese, 80 g
Sour cream, 110 ml
Cream cheese, 60 g

Other

Skewers (metal or wooden), 4

