



# GAME DAY GAME PLAN

## Ingredient List

### Oils and Spices

- 1 teaspoon coconut oil
- 1 Tablespoon + 2 teaspoons cumin
- 2 teaspoons chili powder
- 2 teaspoons garlic granules
- 1½ teaspoons cinnamon
- 1 teaspoon smoked paprika
- 2 tsp salt, *plus more for seasoning*
- ½ tsp black pepper, *plus more for seasoning*
- ½ teaspoon red pepper flakes
- ⅛ teaspoon cayenne pepper

### Produce

- 1 red bell pepper
- 1 green bell pepper
- 1 large yellow onion
- 2 large avocados
- 1 cup cilantro, loosely packed
- 1 medium pineapple
- 1 clove garlic
- 3 cloves garlic

### Dry + Canned Goods

- (1) 15oz can pumpkin
- (1) 14.5oz can diced tomatoes
- (1) 4.5oz can roasted green chiles
- 10 ounces macadamia nuts (about 2 cups)



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- 2 pounds pitted medjool dates

## Meats

- 2 pounds ground turkey
- 2 pounds chicken wings (about 2 dozen)
- ½ lb bacon
- ¼ pound sliced pepperoni

## Pantry

- ¼ cup apple cider vinegar
- 1 Tablespoon [coconut aminos](#)
- ¼ cup lime juice
- 1 Tablespoon lemon juice
- 1 Tablespoon + 1 teaspoon [arrowroot powder](#)
- 1 ½ cups water

## Tools

- [Skewers](#)
- [Food processor](#)
- [Dutch oven](#) or large pot
- [Paring knife](#)
- [Cutting board](#)
- [Chef's knife](#)
- [Can opener](#)