

# MEAL PLAN SHOPPING LIST

## 2015 | WEEK 2

### Produce

- Cucumber {1/2 cup}
- 3 Carrots
- 5 cloves garlic
- 1 Yellow onion
- 2 Celery stalks
- Green Onion {1/4 cup}
- Fresh Ginger {2 tea}
- 1 head of Cauliflower
- Fresh Parsley
- Fresh Basil
- Cilantro
- 1 Avocado
- 1 lime
- 1 lemon
- Fingerling Potato Medley {1 ½ lb}
- Asparagus spears
- Cherry Tomatoes
- 1 Zucchini

### Deli

- Uncured bacon
- 1 organic Rotisserie chicken

### Fish/Meat

- Flank steak {1lb}
- Fresh Wild Salmon {1 1/2lb}
- Pork Shoulder {1 large}

### Dairy

- Ghee or Coconut oil {2TBSP}
- Unsweetened Coconut Milk {1 cup}
- Unsalted butter {8TBSP}
- Sour cream {1/4 cup}
- Ricotta Cheese {3/4 cup}
- Parmesan Cheese {3/4 cup}
- Mozzarella Shredded {1/2 cup}

### Staples

- Whole Wheat Rice Noodles {1 lb}
- Organic Chicken Stock {8 cups}
- Jasmine Rice {3-4 cups}

### Pantry Check List before you shop

- Low Sodium Soy Sauce {1/2 cup}
- Canola Oil {3 TBSP}
- Arrowroot {1/4 cup}
- Honey {1/4 cup}
- Sriracha {1tea}
- Bay leaf {1 leaf}
- Sea Salt
- Black Pepper
- Dried Italian Seasoning Mix
- Extra Virgin Olive Oil {4 TBSP}
- Balsamic Vinegar {1 TBSP}
- Garlic Powder {1 tsp}
- All Purpose Flour {1 ¼ cup}
- Egg {1}

