

MEAL PLAN SHOPPING LIST

2015 | WEEK 1

Produce

Head Cauliflower
6 cloves garlic
3 medium yellow onion
1 scallion
9 red bell pepper
5 medium tomatoes
1 Avocado
Lemon
2 large heads of broccoli
Parsley
Chives

Deli

Uncured bacon

Fish/Meat

boneless skinless chicken breast 1 ½ lbs
boneless skinless chicken tenders 1 lbs
ground pork ½ lb
ground beef chuck ½ lb
ground lamb ½ lb
pounds skinless salmon 1 ½ lbs

Dairy

Low fat organic yogurt ½ cup
Aged sharp cheddar cheese ½ cup
Mexican shredded cheese 1 cup
Ricotta Cheese ½ cup
finely grated Parmesan cheese ½ cup

Staples

Organic Low Sodium Chicken Stock
Brown Rice gluten free
sliced or slivered almonds 2/3 cup
salsa
Panko bread crumbs {gluten free} find in organic section
25 ounce jar of creamy vodka sauce
shelled pistachios ½ cup

Frozen

Corn

Pantry Check List before you shop

Olive oil
Paprika
Black Pepper
Salt
Coconut oil
Chili Powder
Cumin
Honey 1 Tbl
Dijon mustarad 2 Tbl
Egg 1
Unsalted butter 2 Tbl

