

MEAL PLAN SHOPPING LIST

2015 | WEEK 3

Produce

2 Carrots
5 cloves garlic
2 Yellow onions
1 Celery stalks
Green Onion/Scallion {1 large bunch}
Fresh Ginger {1 TBS}
Red Bell Pepper {1/2}
Crimini mushrooms {8 oz.}
Spinach {1 ½ cup}
1 Avocado
1 Lime
Parsley {1 bunch}
1 Lemon
2 Zucchini {medium size}
1 Tomato
1 jalapeno
Lettuce for topping sliders
Thai chilies {2} {you can substitute Serrano peppers}
Chinese broccoli {1LB} {you can substitute regular broccoli}

Pantry Check List before you shop

Salt
Black Pepper
Extra Virgin Olive Oil {5 TBSP}
Low Sodium soy sauce {1/3 cup}
Brown Sugar {2TBS}
Sesame Oil {2 tsp}
Sesame Seeds
Dried Rosemary {3/4 tsp}
Paprika {1/2 tsp}
Crushed Red Pepper Flakes {1/4 tsp}
Quinoa {1 cup}
Low Fat Chicken Broth {6 cups}
White wine {1/4 cup}

Deli

Uncured bacon

Fish/Meat

Ground Turkey {1lb}
Ground Chorizo {1lb}
Boneless, Skinless chicken thighs, trimmed {6}
Jumbo shrimp {1lb}

Dairy

Simply Potatoes, diced potatoes with onion {1 bag}
Reduced fat Sour Cream {1/2 cup}
Shredded Extra Sharp Cheddar cheese {1/2 cup}

Staples

Flat Mung Bean Noodle Cakes {4} {found in Asian section of grocery store}
Whole Wheat Dinner Rolls {12}

