

MEAL PLAN SHOPPING LIST

2015 | WEEK 4

Produce

1/2 lemon
1 small red onion
1/2 yellow onion
4 large celery stalks
1 red bell pepper
1 bunch of fresh parsley
1 bunch of fresh cilantro
1 avocado
2 small sweet potato
8 cloves garlic
1 green chiles
1 shallot
4 green onions
4 cups broccoli florets
fresh ginger {1tsp}
3 limes
4 hatch chilis
1 avocado

Deli

1 rotisserie chicken

Fish/Meat

Fresh caught Salmon {1 1/2 lb}
organic bison {1lb}
4 bone in pork chops {thick cut}
Flank steak {1lb}

Dairy

2 eggs

Staples

1 cup short grain brown rice
2 cups chicken stock
1-32 oz. reduced-sodium chicken broth
2- 15 oz. cans of diced tomatoe
1- 28 oz. can whole peeled tomatoes
1- 15 oz. can northern white beans
1- 15 oz. black eyed peas
almond flour {1 cup}
chipotle chili in adobe
gluten free tortilla chip

Pantry Check List before you shop

Sea Salt
Black Pepper
Extra Virgin Olive Oil {9 TBSP}
Vegetable Oil {1TBSP}
Cornstarch {2TBSP}
Soy Sauce {1/ cup}
Brown Sugar {2TBSP}
Hot Sauce {Frank's}
Italian Seasoning Mix
Dijon Mustard
Tomato Paste {3TBSP}
Chili Powder {4TBSP}
Paprika {1tsp}
Garlic Powder {2tsp}
Cumin {1tsp}
Crushed Red Pepper Flakes {1/8 tsp}

